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Tuesday



Pakistani President Musharraf resigned Monday.

Musharraf Quits: Pakistan faces critical new challenges | **6**

Lifesavers: Divine power tops doctors in new survey | **3**



Second Best: Liukin wins silver despite tying for 1st place | **10**

ENTERTAINMENT

Punked Out:

Avril Lavigne concert causes controversy in Malaysia. Plus, a soap opera seeks an Iraq vet for up-coming role.

>> **13-18**



Americans Hit Their Stride on the Track



EASY AS 1, 2, 3: U.S. medal winners Kerron Clement (silver), Bershawn Jackson (bronze) and Angelo Taylor (gold) celebrate after sweeping the 400-meter hurdles Monday, the best day yet for the U.S. Olympic track team in Beijing. Also, Stephanie Brown Trafton won the discus. ♦ **Rebound:** U.S. steps up | **Page 11**

Drinking Age Debate Revived

College presidents call for discussion on lowering limit to 18

College presidents from about 100 of the nation's best-known universities — including Duke, Dartmouth and Ohio State — are calling on lawmakers to consider lowering the drinking age from 21 to 18, saying current laws actually encourage dangerous binge drinking on campus.

The movement called the Amethyst Initiative began quietly recruiting presidents more than a year ago to provoke national

debate about the drinking age. Other prominent schools in the group include Syracuse, Tufts, Colgate, Kenyon and Morehouse.

But even before the presidents begin the public phase of their efforts, which may include publishing newspaper ads in coming weeks, they are already facing sharp criticism.

Mothers Against Drunk Driving says lowering the drinking age would lead to more fatal car crashes. It accuses the presidents

of misrepresenting science and looking for an easy way out of an inconvenient problem. MADD officials are even urging parents to think carefully about the safety of colleges whose presidents have signed on.

Research has found more than 40 percent of college students reported at least one symptom of alcohol abuse or dependence. One study has estimated more than 500,000 full-time students at four-year colleges suffer injuries each year related in some way to drinking, and about 1,700 die in such accidents. (AP)



SHOULD THE U.S. LOWER THE DRINKING AGE TO 18, AS SOME COLLEGE PRESIDENTS SUGGEST? **A YES B NO**



TUESDAY
92 | 68



WEDNESDAY
83 | 66



THURSDAY
85 | 71

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TODAY: Partly sunny, hot and more humid; somewhat cloudy evening | **30**

eyeOpeners

BEER

'Bounce the Keg' Is A Popular New Game

Ames, Iowa, is installing a rubber sidewalk at a spot near the Iowa State University campus where beer distributors unload hundreds of kegs from trucks for bars in the area. All those heavy kegs hitting the ground have been cracking the pavement. So, now city officials have decided to install sidewalk pavers that a California company makes using shredded recycled tires instead of concrete.

The city tested the product.

"The streets supervisor took a sledgehammer

to it," said Corey Mellies, a civil engineer for the city. It didn't even dent. The sidewalk uses about 675 tires. (AP)

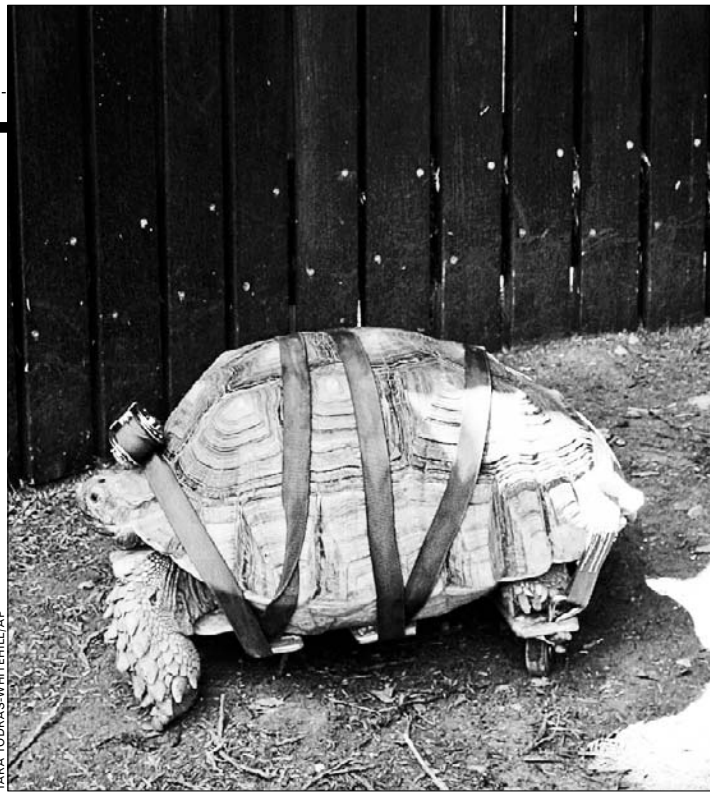


IMPORTS

Also Acceptable: Girls With No Self-Esteem

Life can get lonely for bachelors in the Australian Outback town of Mount Isa. So, the mayor offered up a solution: Recruit unappealing women. Mayor John Molony found himself under attack over comments he made to a local newspaper: "May I suggest if there are five blokes to every girl, we should find out where there are beauty-disadvantaged women and ask them to proceed to Mount Isa?"

The mayor said about the current female population: "Quite often you will see walking down the street a lass who is not so attractive with a wide smile on her face." (AP)



TARA TODRAS/WHITEHILL/AP

WILDLIFE

Shell on Wheels

Arava the disabled turtle is using her new set of wheels to get around in more ways than one. Officials at the Jerusalem Biblical Zoo say the 10-year-old spurred tortoise has begun mating since being fitted with a custom skateboard to overcome paralysis of her hind legs. The 55-pound turtle is unable to move herself forward with her front legs alone. So, the zoo's staff built her a metal board with two wheels that can be strapped to her stomach. (AP)

SEATING

Invention Renders Standing Obsolete

German police have confiscated what may be the world's fastest office chair.

Police say officers happened on the contraption — the work of two inventive 17-year-olds — in the western town of Gross-Zimmern on Saturday. The pair had added a lawn mower engine, bicycle brakes and a metal frame to

the revolving chair — making it into a go-kart-like vehicle. Police said in a statement Monday the inventors insisted they had tested it over only a few meters, but witnesses reported seeing it on several streets. (AP)

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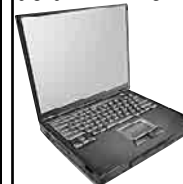
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COVER STORY: The suspense didn't quite compare to learning the identity of Deep Throat, but we now know the name of Bob Woodward's fourth investigative work on the Bush administration. "The War Within: A Secret White House History 2006-2008" will be published Sept. 8.

Nation

Calif. Court: Docs Must Treat Gays

Justices say physicians cannot deny care over their religious beliefs

SAN FRANCISCO | California's highest court on Monday barred doctors from invoking their religious beliefs as a reason to deny treatment to gays and lesbians, ruling that state law prohibiting sexual orientation discrimination extends to the medical profession.

Justice Joyce Kennard wrote that two Christian fertility doctors who refused to artificially inseminate a lesbian have neither a free speech right nor a religious exemption from the state's law.



Benitez

In the lawsuit that led to the ruling, Guadalupe Benitez said that the doctors treated her with fertility drugs and instructed her how to inseminate herself at home but told her their beliefs prevented them from inseminating her.

Benitez in 2001 sued the North Coast Women's Care Medical Group. She and her lawyers successfully argued that a state law prohibiting businesses from discriminating based on sexual orientation applies to doctors. **PAUL ELIAS (AP)**

Poll: Divine Power Trumps Doctors

Majority of Americans say God can revive a patient in dire health

CHICAGO | When it comes to saving lives, God trumps doctors for many Americans.

An eye-opening survey reveals widespread belief that divine intervention can revive dying patients. And, researchers said, doctors "need to be prepared to deal with families who are waiting for a miracle."

More than half of randomly sur-

veyed adults — 57 percent — said God's intervention could save a family member even if physicians declared treatment would be futile. And nearly three-quarters said patients have a right to demand such treatment.

When asked to imagine their own relatives being gravely ill or injured, nearly 20 percent of doctors and other medical workers said God could reverse a hopeless outcome.

"Sensitivity to this belief will promote development of a trusting

TOUGH CHOICES

→ The survey involved 1,000 adults randomly selected to answer questions about their views on end-of-life medical care.

→ Survey questions mostly dealt with deaths from trauma such as accidents. These deaths are particularly tough on relatives because they are unexpected.

relationship" with patients and their families, according to researchers. That trust, they said, is needed

to help doctors explain objective, overwhelming scientific evidence showing that continued treatment would be worthless.

Dr. Michael Sise, trauma medical director at Scripps Mercy Hospital in San Diego, called the study "a great contribution" to one of the most intense issues doctors face.

Sise, a Catholic doctor working in a Catholic hospital, said miracles don't happen when medical evidence shows death is near.

"That's just not a realistic situation," he said. **LINDSEY TANNER (AP)**

KEY WEST, FLA. | FAY BRINGS THE FUN



RONNA GRADUS/AP

NOT YET A HURRICANE: Strong waves crashing against a pier soak beachgoers during Tropical Storm Fay on Monday. Hurricane forecasters say the center made landfall over the island of Key West at 3 p.m. The storm is expected to strengthen possibly into a Category 1 hurricane before reaching Florida's Gulf Coast sometime on Tuesday.

Researchers Say Angioplasty Can Start at the Wrist

WASHINGTON | The best path to a clogged heart may be through the wrist.

About a million artery-clearing angioplasties are performed in the United States each year, and the usual route is to thread a tube to the heart through an artery in the groin. Now a major study in the Journal of the American College of Cardiology shows going through the wrist instead can significantly lower the risk of bleeding — without the discomfort of lying flat for hours.

Just one in 100 angioplasties is done via the wrist, and the approach isn't for everyone. But Monday's study promises to spur more specialists to use the method. **(AP)**

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Nation

8

The number of Torah scrolls stolen from a Jewish center in the Queens borough of New York, police said Monday. The scriptures, valued at about \$500,000, were discovered missing on Saturday.

Beating Case Goes to Trial

2 Pa. teens are accused of killing immigrant from Mexico in fight

POTTSVILLE, PA. | Three teens were ordered Monday to stand trial in the beating death of an illegal immigrant from Mexico after a friend of the defendants testified that the victim was sucker-punched and kicked in the head during a late-night, epithet-filled melee.

Luis Ramirez's death last month has increased racial tensions in the town of Shenandoah, about 80 miles northwest of Philadelphia, and yelling from protesters outside the courthouse forced a brief delay of Monday's preliminary hearing.

District Judge Anthony Kilker ruled that prosecutors had enough evidence to try Colin Walsh, 17, and Brandon Piekarsky, 16, on counts of third-degree murder and ethnic intimidation. He threw out first- and second-degree murder charges against the pair, which means they no longer face the possibility of life prison sentences if convicted.

A third defendant, Derrick Donchak, 18, was ordered to stand trial on aggravated assault, ethnic intimidation and other counts.

Ramirez, 25, was attacked July 12 when he crossed paths with a



MATT ROURE/AP

Crystal Dillman, right, the fiancée of Luis Ramirez, is moved to tears as protesters show their support outside the county courthouse in Pottsville, Pa., on Monday.

group of current and former high school football players. The suspects all played football at Shenandoah Valley High School.

Ben Lawson, a 17-year-old friend of the defendants, testified Monday that Walsh sucker-punched Ramirez and Piekarsky, then kicked the victim in the head while he lay motionless in the street. Defense attorneys characterized the attack as a street fight in which both sides were throwing punches.

Crystal Dillman, Ramirez's fian-

cée, sobbed on the witness stand as she described rushing to the scene and seeing Ramirez "shaking and foaming from the mouth."

Lawson said he had been drinking malt liquor in the woods with Walsh, Piekarsky, Donchak and others a few hours before the attack. Two other witnesses testified about seeing parts of the fight from a distance, but Lawson was the only witness to specify the defendants' alleged roles in the attack.

MICHAEL RUBINKAM (AP)

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World



"The biggest hurdle in the way of democracy has been removed."

—**Bilawal Bhutto Zardari**, son of slain ex-Pakistani Prime Minister Benazir Bhutto and head of the Pakistan Peoples Party, referring to President Pervez Musharraf's resignation on Monday.

In Brief



Afghan Honor Guard members stand at an Independence Day event in Kabul.

KABUL, AFGHANISTAN

Independence Day Festivities Guarded After Suicide Blast

Afghan leaders celebrated Independence Day on Monday with a small ceremony inside a fortified military compound, in marked contrast to public festivities a year ago and in another sign of the Taliban militants' strength. The top U.S. general in Afghanistan issued a rare public warning Monday that militants planned to attack civilian, military and government targets. Only hours earlier, a suicide bomber had killed 10 Afghans outside a U.S. base. (AP)

PORT-AU-PRINCE, HAITI

Tropical Storm Fay Kills At Least 14 in Caribbean

Two babies were killed when a river surging with rain from Tropical Storm Fay toppled their overcrowded bus, a U.N. official said Monday, raising the storm's Caribbean death toll to at least 14. Six other people also died in storm-related flooding, Haiti's civil protection chief Marie Alta Jean-Baptiste said, and five deaths were blamed on the storm in the Dominican Republic. (AP)

SRINAGAR, INDIA

Muslim Protesters March To U.N. Offices in Kashmir

Tens of thousands of Muslims waving green and black protest flags and chanting militant slogans marched to the United Nations offices in Indian Kashmir's main city on Monday to press their demands that India give up its claim to the region. Hundreds of trucks and buses overflowing with protesters traveled to Srinagar for the protest, which separatist leaders said was the largest in two months of unrest. (AP)



Pervez Musharraf announces his resignation as Pakistan's president, left, prompting lawyers to celebrate in Karachi Monday.



Pakistani Leader Resigns

Musharraf's departure raises questions about future of the country

ISLAMABAD, PAKISTAN | On the day he reluctantly quit as Pakistan's president, Pervez Musharraf offered a last defense of his nine-year record.

He trumpeted Pakistan's economic turnaround, its democratic rebirth, and its role as America's chief ally in the war on terror.

But as his monologue drew to a

close Monday, the pauses between his sentences grew; his brow furrowed and he blinked with emotion.

"In the end, God bless Pakistan, God bless all of you, long live Pakistan always," the former general said, raising clenched fists.

After months of pressure, Musharraf, 65, avoided a power struggle with rivals vowing to impeach him that would have deepened the country's political crisis.

Musharraf's departure after nearly nine divisive years in power was widely expected after months

of pressure for him to leave, culminating in the threat to bring impeachment charges to Parliament this week.

His exit leaves the politicians who pushed out the stalwart U.S. ally to face the Islamic militants and economic problems gnawing at this nuclear-armed nation. It also throws up a string of critical questions, including whether the ruling coalition will hold together without its common foe and whether Pakistan will maintain Musharraf's close ties with the U.S. STEPHEN GRAHAM (AP)

Tumultuous Term | Key Dates in Musharraf's Tenure

Oct. 12, 1999	June 20, 2001	Oct. 6, 2007	Nov. 28, 2007	Aug. 8, 2008
As army chief, Musharraf seizes power from Nawaz Sharif.	Musharraf appoints himself the president of Pakistan.	Musharraf wins new term in vote boycotted by opposition.	He steps down as army chief; becomes a civilian president.	Ruling leaders vow to seek Musharraf's impeachment.

Little Sign of Russian Exit in Georgia

Russia's military stays in Georgian locations despite its vow to leave

GORI, GEORGIA | Russia's military held onto crucial positions across Georgia on Monday despite announcing the start of a promised pullout after a brief war with the

ex-Soviet republic at the heart of growing tension between Moscow and the West.

Around the strategic central city of Gori, the only movement seen by Associated Press reporters was in the opposite direction — toward the Georgian capital, Tbilisi. In the west, Russian forces continued to occupy a military base in Senaki and Geor-



A Russian soldier watches a horse-driven cart near Gori, Georgia, Monday.

All Beijing Protests Rejected

None of 77 requests to stage rallies during Olympics is approved

BEIJING | Chinese authorities have not approved any of the 77 applications they received from people who wanted to hold protests during the Beijing Olympics, state media reported Monday.

The state-run Xinhua News Agency said the applications received since Aug. 1, a week before the games opened, were submitted by 149 people, including three from overseas. The complaints ranged from labor and medical disputes to inadequate welfare, it said.

But 74 of the applications were withdrawn because the problems "were properly addressed by relevant authorities or departments through consultations," Xinhua said, citing an unidentified source at the Public Security Bureau.

In July, China said protests would be allowed in three parks far from games venues.

But it required applications with detailed paperwork to be filed five days in advance, and protests could not harm "national, social and collective interests."

A response would be provided 48 hours before the requested rally time — making Tuesday the last day anyone could apply to protest during the Olympics.

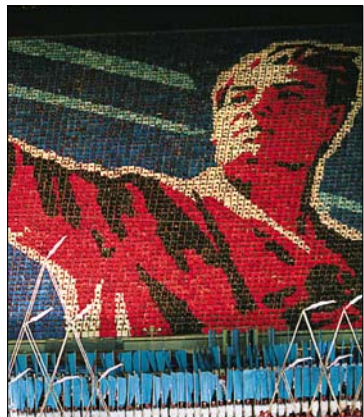
AUDRA ANG (AP)

gian authorities said the Russians blew up the runway there.

With Western leaders anxiously watching for a withdrawal and puzzling over how to punish Moscow for what they called a disproportionate reaction to a Georgian offensive targeting South Ossetia, Russian President Dmitry Medvedev defended Russia's actions.

"Anyone who tries anything like that will face a crushing response," he said. MIKE ECKEL (AP)

World



Thousands of people hold cards to form an image in North Korea's mass games.

N. Koreans Hold Mass Spectacle

Pyongyang event beats Olympics ceremony in number of performers

PYONGYANG, NORTH KOREA | Acrobats on cables flying across a giant stadium. Hundreds of performers executing synchronized martial arts punches and kicks. A giant globe signifying unity as a finale.

This isn't the opening ceremony at the Beijing Olympics. It's the grandiose North Korean spectacle of propaganda known as the mass games, and it's one of the few things the impoverished country can claim to do on an unmatched scale.

The Pyongyang show — which began Aug. 4 — has 100,000 performers, including 20,000 students who form a mosaic on a wall of May Day Stadium by flipping colored pages of books. In contrast, China's show had 15,000 cast and crew members.

The North Koreans' Bundt cake-shaped stadium may not have won the architectural accolades bestowed on China's Bird's Nest. But the Pyongyang venue seats more people — a reputed 150,000 versus 91,000 in Beijing's venue.

Mass games were once performed in many communist nations, but North Korea is the only place that still stages them regularly.

The North staged the event in 2002, 2005 and 2007, each time for a total of nearly 200 showings over a period of weeks. BURT HERMAN (AP)

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The amount, in millions of dollars, Anheuser-Busch CEO August Busch IV will be paid after the brewer is sold to InBev SA, according to a filing with the Securities and Exchange Commission. Busch will also be eligible for an additional payment of \$13.3 million.

Schools to Students: Start Walking

Districts nationwide are cutting bus routes as fuel prices go up

PROVIDENCE, R.I. | Faced with soaring diesel fuel costs, school districts are forcing students to travel the old-fashioned way: on their own two feet.

Many schools are eliminating or reducing bus service because fuel had jumped to \$4.50 per gallon, 36 percent more than a year ago, and is busting budgets.

In California, districts are eliminating busing for thousands of students. Districts in Washington state, Idaho, Maryland and elsewhere are consolidating bus stops, canceling field trips and forcing students to walk longer distances to school.

Health advocates long have encouraged students to walk, stressing the fitness benefits. But school and transportation officials say they fear that abruptly reducing bus service could lower attendance rates,



Shane Hensley pumps diesel fuel into a school bus in Columbia, S.C. School districts across the country are taking a big hit from the high cost of gasoline.

increase traffic congestion or endanger students if they cannot walk on sidewalks and crosswalks.

"If you remove a school bus from the road, you're adding 40 to 50 cars in the morning and in the

afternoon," said Bob Riley, spokesman for the American School Bus Council.

Major cuts loom in California, where schools are not required to provide transportation to campus.

As a result, districts squeezed by fuel prices and fewer state dollars are trimming millions from transportation budgets.

Increased fuel costs are especially punishing for large, spread-out districts. The school district in Montgomery County, Md., covers a sprawling region. It buses 96,000 children daily and burns about 3.3 million gallons of diesel annually. Each penny per gallon increase in the diesel price means an additional \$33,000 in spending.

Seeking ways to contain fuel costs, the school board has authorized its superintendent to force students to walk farther to school. The current limits now stand at one mile for elementary school students and up to two miles for high schoolers.

"What if fuel should go up by a quarter in a period of a month or two?" district spokeswoman Kate Harrison said. "We might have to have some emergency response to that." RAY HENRY (AP)

Fannie, Freddie Shares Tumble As Fears Mount

WASHINGTON | Shares of mortgage finance giants Fannie Mae and Freddie Mac tumbled Monday amid renewed fears that shareholders will wind up with nothing if the government intervenes to bail out the troubled companies.

Investors were spooked by a Barron's magazine article over the weekend, which reported the government is pressing the companies to raise more money to guard against losses but doesn't expect the companies to succeed. Shares of Fannie Mae fell more than 22 percent, or \$1.76, to close at \$6.15. Shares of Freddie Mac fell almost 25 percent, or \$1.46, to \$4.39. (AP)



BY THE NUMBERS: The Dow Jones industrial average fell 180.51 on Monday, or 1.55 percent, to 11,479.39 on fresh concerns about the health of the banking sector. (AP)



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SHOULDN'T THEY BE FREE?: The Smithsonian Channel is now offering some of its programming on Apple Inc.'s iTunes. The deal makes available many of the station's films and series for \$1.99 each, including shows about wildlife, technology, history, pop culture and children's programs.

Local

Kaine: Budget Cuts Ahead

Governor did not say which programs were most likely to survive

RICHMOND, VA. | With a slow economy eating deeply into state tax collections, Gov. Timothy M. Kaine warned Monday of deep but still unspecified cuts to Virginia's budget just seven weeks after it took effect.

Kaine said even spending priorities historically immune to cuts — such as public education and health care services for the elderly, indigent and disabled — are subject to review for reductions targeted by early October.

"The need to engage in a third round of budget reductions will

ROUGH STRETCH

→ Receipts from income taxes paid by wage earners — nearly 60 percent of the general fund — grew by 8 percent from May through June of last year, but only 1 percent for the same period this year.

→ Sales tax collections that had grown by 7.5 percent in the final fiscal quarter of 2007 flatlined at 0.4 percent during the same period this year.

mean, by necessity, that all programs, including those previously held harmless, and all available strategies will be on the table," Kaine told the budget and tax writing committees of the House

and Senate.

Lawmakers from both parties expressed dismay that Kaine provided so little detail on a long-running fiscal malady so troubling that the administration took the extraordinary step of writing legislators one month ago to announce plans to freeze hiring, cut spending and possibly lay off workers.

After Kaine's 20-minute speech, House and Senate Republicans noted that they had predicted in January and December that revenue forecasts on which Kaine based this budget seemed too rosy given soaring energy and food prices, weak employment growth and continued distress in housing markets from the mortgage loan crisis.

BOB LEWIS (AP)

DULLES, VA. | NEW AIRPORT SHUTTLE UNVEILED



ALL ABOARD: The Metropolitan Washington Airports Authority rolled out the new AeroTrain system Monday that will be in service at Dulles Airport next year. The AeroTrain, which will run underground on 3.78 miles of track, will significantly speed up the trip from terminals to gates at Dulles.

Heller Finally Registers Gun in D.C.

WASHINGTON | The man whose lawsuit overturned Washington's handgun ban has successfully registered his revolver, ending a more-than-30-year wait to keep the weapon in his home.

Dick Heller walked out of D.C. police headquarters Monday, clutching a yellow firearms registration certificate stamped "approved." He gave the thumbs-up sign, grinned



Dick Heller flashes a victory sign after getting his firearm registered Monday.

and said, "Victory!"

Heller was among the first people to seek a gun permit under new rules adopted after the Supreme Court struck down the city's 32-year-old handgun ban in June. Heller was the plaintiff in that case.

He won approval to keep a .22-caliber revolver at home after coming to police headquarters in July to be fingerprinted and take a firearms proficiency test. (AP)

The Lotteries

Monday, Aug. 18

DISTRICT

Mid-day Lucky Numbers	5-1-3
Evening Lucky Numbers (Sun.)	5-2-5
Mid-day DC 4	6-8-8-2
Evening DC 4 (Sun.)	4-9-3-7
Rolling Cash Five (Sun.)	5-9-15-21-34
Daily 6 (Sun.)	4-8-17-19-24-27 Bonus: 21

All winning numbers are official only when validated at a lottery ticket location or a lottery claims office. Drawings that occur after Express's deadline will be published two days later.

MARYLAND

Mid-day Pick 3	7-6-7
Mid-day Pick 4	6-7-3-7

VIRGINIA

Mid-day Pick 3	6-4-1
Evening Pick 3 (Sun.)	5-0-7
Mid-day Pick 4	8-6-6-2
Evening Pick 4 (Sun.)	5-8-4-6
Mid-day Cash 5	8-11-17-20-30
Evening Cash 5 (Sun.)	13-15-22-24-31

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End Your Day on a High Note



"He couldn't imagine the pain he was suffering. Let me repeat: Liu Xiang will not withdraw unless the pain is unbearable." — Chinese track coach Feng Shuyong, who described Liu as "very depressed" after the hurdler withdrew because of injury.

MedalTracker



▲ UNITED STATES TOTAL: 72

COUNTRY	GOLD	SILVER	BRONZE	TOTAL
CHINA	39	14	14	67
RUSSIA	8	13	15	36
AUSTRALIA	11	10	12	33
FRANCE	4	11	13	28
BRITAIN	12	7	8	27
GERMANY	9	7	7	23
S. KOREA	8	9	6	23
JAPAN	8	5	7	20
ITALY	6	6	6	18
UKRAINE	5	3	8	16

RecordBreakers



↑ **5.05 m**

Russian pole vaulter Yelena Isinbayeva broke her own world record and won a second consecutive Olympic gold medal. Already assured of victory over rival Jenn Stuczynski of the United States, Isinbayeva set a mark of 5.05 meters on her third and final attempt at that height, one centimeter higher than her old mark.

→ **961.2 pounds**

World champion Andrei Aramnau of Belarus broke three heavyweight world records Monday to win his country's first Olympic gold in weight lifting. Aramnau lifted a total of 961.2 pounds in the 105-kg category.

noted ...

Five golden rings

Chen Yibing extended China's unbeaten run of gold — five in five events — in men's gymnastics by winning the rings. The two-time world champion was perfectly still on nearly every move in registering 16,600 points, blowing away the field.



Liukin Ties but Takes Home Silver

Complicated tiebreak system gives the gold medal to China's He

OLYMPICS WOMEN'S GYMNASTICS | For the first few minutes, Nastia Liukin didn't even know the score, unable to see anything beyond the "2" in front of her name.

When she finally did look, she figured she had to be seeing double.

"I turned to my dad and said, 'Dad, we got the same score.' He looked up and said, 'Oh, yeah.' We started getting a little confused," she said.

They weren't the only ones.

The Olympic all-around champion finished with the same score as China's He Kexin in Monday night's uneven bars final, but He got the gold medal and Liukin went home with a silver, thanks to gymnastics' convoluted tiebreak system that sent everyone scrambling for the rulebook. Reading hieroglyphics might be easier than explaining why He won. He's teammate, Yang Yilin, won the bronze.

"It's not correct. I believe it's correct to have two gold medals," International Gymnastics Federation president Bruno Grandi said.



Nastia Liukin took home a silver medal in the uneven bars event final, but she received the same score as gold medalist He Kexin.

"But this is my modest opinion. The IOC is different."

Gymnastics used to give out duplicate medals at the Olympics. In a bit of irony, Liukin's father, Valeri, got one of his gold medals at the 1988 Olympics after tying teammate Vladimir Artemov on high bar. But the Inter-

national Olympic Committee told the FIG to stop sharing medals after the Atlanta Games, and a tiebreak system was implemented in 1997.

"I'm a little disappointed I tied,"

Liukin said. "It wasn't like I got second by three-tenths or five-tenths. I had the same score. That's what makes it a little harder to take."

NANCY ARMOUR (AP)



Face of China: Hurdler Liu Xiang has come to represent China, which has used the Olympics to showcase its best aspects, Thomas Boswell says | *Today's Post, Sports*

U.S. Finishes Up Dominant Pool Play

Basketball team won its first 5 games by an average of 32.2 points

OLYMPICS BASKETBALL | Fresh off its latest romp, the U.S. Olympic basketball team got a postgame visit from swimming sensation Michael Phelps.

Like the Americans need another dominant athlete in their locker room.

The United States put away Dirk Nowitzki and Germany in a hurry Monday, completing an undefeated march through pool play with a 106-57 victory.

Not since the Dream Team rumbled through Las Ramblas 16 years ago in Barcelona has a team looked this unbeatable. The Americans won



LeBron James, right, scored 18 points against Germany, 16 in the first half.

their pool games by 32.2 points and averaged 103 points and now move on to a quarterfinal meeting with Australia, the only team they haven't

Standings

GROUP	COUNTRY	PF	PA	W-L
A	Lithuania	425	400	4-1
	Argentina	425	361	4-1
	Croatia	399	380	3-2
	Australia	457	405	3-2
	Russia	387	406	1-4
	Iran	323	464	0-5
B	United States	515	354	5-0
	Spain	418	369	4-1
	Greece	415	375	3-2
	China	366	400	2-3
	Germany	330	390	1-4
	Angola	321	477	0-5

been able to blow out.

"We feel like we're playing very well right now, but you have to keep in mind it's single elimination," Kobe Bryant said. "You can't afford any slipups." BRIAN MAHONEY (AP)

U.S. Water Polo Beats Germany To Make Semis

OLYMPICS WATER POLO | The United States beat Germany and won its preliminary group, earning an automatic berth in the semifinals. The Americans are guaranteed of finishing at least fourth, which would match their best since 1988.

"It's a great feeling," captain Tony Azevedo said. "We're definitely the underdog story."

The Americans will face the Serbia-Spain winner Friday. There was chatter that the Serbs lost a game to get into an easier bracket — the one the Americans are in.

"If Serbia gets that far, we'll be ready for them," U.S. coach Terry Schroeder said. (AP)

12

The number of gold medals Great Britain has won this Olympics after the nation's cycling team won the team pursuit. It is already the most golds for Britain since the 1920 Antwerp Games.

beijing'08



OLYMPIC SWIMMING | NOT SYNCHRONIZED DIVING — WOMEN'S TRIATHLON BEGINS



ELIZABETH DALZIEL/AP

MAKE A SPLASH: Competitors in the women's triathlon dive in to start the 1.5 km swim, the first leg of the race. Australia took first and third, with Emma Snowsill pulling away early in the 10 k run to finish more than a minute ahead of the field. American Laura Bennett finished fourth, less than 30 seconds shy of a medal.

U.S. Women's Soccer Rallies to Make the Final

OLYMPICS SOCCER | The U.S. women's soccer team is getting used to recoveries at the Beijing Games.

Down 1-0 and being outplayed by Japan in Monday's semifinal, the Americans found ways to score two quick goals just before halftime and rallied to a 4-2 victory that sent the defending champions to yet another Olympic final against Brazil.

Angela Hucles scored her first goal of the match in the 41st minute, and Lori Chalupny added another just three minutes later to put the U.S. back in the game. Hucles and Heather O'Reilly each scored in the second half to seal the American victory at Workers' Stadium.

"We found the strength to stay in the match and get the goals we needed," Christie Rampone said. (AP)

Hurdlers Get U.S. Back on Track

U.S. sweeps 400-meter men's race, wins gold in the women's discus

OLYMPICS TRACK & FIELD | The big debate was whether it would be the best U.S. Olympic track team in 40 years. Maybe ever. Once the torch was lit, though, it started shaping up as one of the biggest disappointments.

A couple underdogs got things back on track on Monday. Angelo Taylor led a medals sweep in the 400-meter hurdles, and Stephanie Brown Trafton won a surprising gold in the discus. A team that came into the day with no gold medals walked out with two. A team that came in trailing Belarus in the medals count walked out in the lead.

"We wanted to uplift the track team," Taylor said.

The champion in Sydney in



FABRICE COFFRINI/AP/GETTY IMAGES

Angelo Taylor won the 400-meter hurdles eight years after winning in Sydney.

2000, Taylor was laying electrical wire 14 months ago, virtually out of the sport. He failed to make the final in Athens four years ago. In Beijing, he became the first 400-meter hurdler since Edwin Moses to win gold medals eight

years apart.

He ran a personal-best time of 47.25 seconds, ahead of teammates Kerron Clement and Bershawn Jackson, who combined to produce the first sweep of the event since the U.S. did it in 1960. EDDIE PELLIS (AP)



KATHY WILLENS/AP

Nate Schierholtz, right, collides with Chinese catcher Yang Yang in the sixth.

Baseball Team Beats China in Physical Contest

OLYMPICS BASEBALL | Another American player took a pitch to the head, and the U.S. baseball team experienced a drama-filled game yet again during these Olympics in its victory over China.

Jake Arrieta struck out seven in six shutout innings, Taylor Teagarden and Nate Schierholtz each hit two-run doubles, and the U.S. team beat China 9-1 in a game that turned ugly and featured three ejections.

China's top player, catcher Wang Wei, was knocked out of the game with a left knee injury following a collision at the plate with Matt LaPorta in the fifth.

After Schierholtz made a hard slide home in the sixth, China manager Jim Lefebvre was ejected for arguing about the rough play. Chinese reliever Chen Kun and pitching coach Steven Ontiveros were tossed soon after when Chen plunked LaPorta to start the seventh. (AP)

what to watch

track & field

8 P.M. Avoid the thing called the Internet if you want to watch the track and field gold medal finals. The women's 400 m and 100 m hurdles, plus the men's 1,500 m run all take place during the day U.S. time but are aired at night. NBC

7 a.m. Men's weight lifting, super-heavyweight gold medal finals. MSNBC

10 a.m. Women's volleyball quarterfinals, United States vs. Italy. NBC

8 p.m. Gymnastics event finals: men's parallel bars and high bar, women's balance beam. NBC

11:40 p.m. Men's cycling, BMX quarterfinals. NBC

Sports



PITY HIM: Kyle Orton will start as the Chicago Bears' opening day quarterback — beating Rex Grossman in a competition that lasted through training camp and two preseason games. Orton started 15 games in 2005 and three last season. He's thrown for more than 2,300 yards and 12 TDs in his career.

Swengali

OLYMPICS SWIMMING | BY MATT SWENSON

Phelps Is World's Brightest Star

DID MICHAEL PHELPS rescue your cat from a tree last night?

I heard a rumor that he cured the common cold.

My favorite: Phelps captured the Penguin and Joker before Batman got out of bed — and is in line to be the next Aquaman.

Everywhere you go, it's Michael Phelps this and Michael Phelps that. Until the paparazzi get their claws stuck in the Olympic swimmer, Phelps is the next American hero.

Can you even name a U.S. track star left to compete this week in Beijing? I'm already struggling with the name of the women's all-around gymnastics champion (it's

Do you think Sports Illustrated's search for its sportsman of the year is over?

Nastia Liukin).

Jokes aside, Phelps is probably the biggest star in the world right now. He'll have lasting power, too. Phelps replaced Mark Spitz not only in the record book but also in the Olympic conversation.

It will take decades for an athlete to duplicate or exceed Phelps' Beijing Olympics. And the longer it takes, the more Phelps' legend will grow.

Do you think Sports Illustrated's search for its sportsman of the year is over? Better luck next year, Kobe.

Phelps achieved a seemingly invincible record despite a gigantic amount of pressure and hype. No wonder he appears to be superhuman, or more appropriately, a superhero.



To reach Matt Swenson, e-mail matt.swenson@readexpress.com

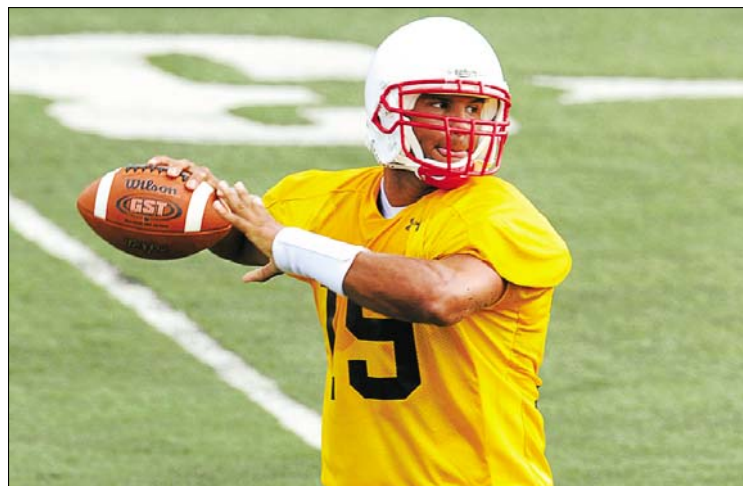
Steffy Is Named Terps' Starting QB

Fifth-year senior wins job back by being the most consistent starter

TERPS FOOTBALL | Around 8 a.m. Monday, Maryland offensive coordinator James Franklin informed his quarterbacks that Jordan Steffy would be the team's starter, recited an array of statistics to justify the decision and pronounced the quarterback competition over.

Steffy, a fifth-year senior, was tapped the starter for the Aug. 30 opener against Delaware after a competitive two-week battle with Chris Turner, the junior who will be No. 2, and Josh Portis, the athletic dual-threat quarterback who will play in specific situations.

Turner started the final eight games last season and helped lead



Jordan Steffy won the starting job by being more consistent, Ralph Friedgen said.

the Terrapins to victories against two Top 10 teams, Rutgers and Boston College. But Steffy, who started the first five games last season before being sidelined with a concussion,

ultimately won this season's starting job because of his consistency in practice and because he surpassed Turner in almost every statistical category the coaches measured.

"I evaluate what I see, and I have to have some credibility with my players," Maryland coach Ralph Friedgen said. "If you don't reward people who practice well, you are in danger of losing the whole team."

Coaches were still undecided Sunday, when Franklin polled a handful of veteran players — roughly two-thirds voted for Steffy — and conferred with Friedgen, who made the final decision. Friedgen canvassed the coaching staff for input, slept poorly Sunday and awoke Monday certain he made the right call.

Steffy said it was important to have the support of teammates and believes Maryland's new West Coast offense fits his style.

"I'm going to play loose," he said. "I'm not going out there playing and looking over my shoulder at all."

ERIC PRISBELL (THE WASHINGTON POST)



David Wright, left, went straight to the pros and has better numbers, but he and Ryan Zimmerman, right, are both franchise stars.



Different Paths for 2 Franchise Stars

Zimmerman, Wright started their careers on the same AAU team

NATIONALS | It's hard to list the top, young third basemen in Major League Baseball without mentioning their names. They are stingy with the glove. They are savvy with the bat. They are the cornerstones

of their respective franchises.

But just eight years ago, Nationals third baseman Ryan Zimmerman and Mets third baseman David Wright manned different positions on the same team. Zimmerman played second base and batted fifth, while Wright played third and hit cleanup for the Tidewater Mets, an Amateur Athletic Union (AAU) travel team.

"We were pretty good," said

Wright of the team that also included big leaguers Mark Reynolds, B.J. Upton and his brother Justin. "We didn't lose too much."

Zimmerman and Wright grew up in neighborhoods of Virginia Beach separated by a mere 15-minute drive. After playing together in 2000, Zimmerman and Wright took different paths to get to the majors. While Wright was drafted right out

of high school by the Mets, the then younger, smaller Zimmerman needed time to develop his body in college before he was drafted with the fourth pick of the 2005 draft.

"He's a lot bigger, a lot stronger now, more mature baseball wise," said Wright. "He's a guy who went to [the University of Virginia] and really

WASHINGTON	AT	PHILADELPHIA
1	2	3
AUG. 19 7:05 P.M. MASN2	AUG. 20 7:05 P.M. MASN2	AUG. 21 7:05 P.M. MASN

grew into his body. And now he does everything exceptionally well."

Zimmerman may not be matching Wright's production at the plate just yet. He is batting just .267 with 33 RBI compared to Wright, who is hitting .292 with 95 RBI. Nevertheless, as high schoolers on the same team, neither could have imagined that they would both be franchise players in the major leagues.

"You never can imagine that," said Wright. "We both hoped to play college baseball, get scholarships. And it's pretty nice to see [Ryan] 19 times a year, play him and see how successful he's become." JOE BUBAR



HANKS YOU VERY MUCH: Tom Hanks still feels a responsibility to the Ohio theater troupe that gave him an early break. He has signed on to raise the last \$3.6 million needed to provide Cleveland's Great Lakes Theater Festival with a new home.

Entertainment

'Too Sexy' for the Show

A Malaysian group seeks cancellation of Avril Lavigne concert

CONTROVERSY | Malaysia's Islamic opposition party has urged the government to cancel a concert by Avril Lavigne, saying the Canadian singer's onstage moves are "too sexy," an official said Monday.

Lavigne, a Grammy-nominated rock singer who burst to fame with her 2002 debut album "Let's Go," plans to start her monthlong Asia tour with a performance in Kuala Lumpur on Aug. 29.

The youth wing of the Pan-Malaysian Islamic Party said Lavigne's concert would promote wrong values ahead of Malaysia's Aug. 31 independence day.

"It is considered too sexy for us. ... It's not good for viewers in Malaysia," said Kamarulzaman Mohamed, a party official. "We don't want our people, our teenagers, influenced by their performance. We want clean artists, artists that are good role models."

Kamarulzaman said he sent a letter to the Culture, Arts and Heritage Ministry and the Kuala Lumpur mayor last week, calling for the concert to be canceled.

An official from the Culture Ministry's department that vets



Avril Lavigne is likely to be more irked that she's being compared to Christina Aguilera than about being called "too sexy" by an Islamic opposition party in Malaysia.

all foreign artists said the government has not given permission for the concert yet. The department will meet Tuesday to decide on the organizer's application, received last week. The official declined to be named because she is not authorized to make public statements.

A spokesman for the concert's organizer, Galaxy Group, denied that Lavigne's show had any "negative elements."

The spokesman, who declined to be named, said his company was confident of receiving the permit as feedback from authorities so far had been "very positive."

Malaysia requires all performers to wear clothes without obscene or drug-related images and be covered from chest to knees. They must also refrain from jumping, shouting, hugging and kissing onstage.

Still, members of PAS and other conservative Muslims often protest shows they deem inappropriate.

Last year, Gwen Stefani made what she called "a major sacrifice" by donning clothes that revealed little skin at a performance here. Also last year, Christina Aguilera skipped Malaysia during an Asian tour that included neighboring Singapore, while R&B superstar Beyonce scratched a planned concert here, moving it to Indonesia.

JULIA ZAPPEI (AP)



VOTE FOR HIM OR ... watch your back.

Hey, You Voting For Me?

TV fans can support their favorite show moments on the Web

PARTICIPATE | The most memorable moments in television history will be revealed during the 60th Primetime Emmy Awards next month, and it's up to voters to decide which bits should take top honors.

Forty "moments" — 20 dramatic and 20 comedic — are in the running. Comedy contenders include "M-A-S-H," "Mork & Mindy," "Sex and the City" and "The Cosby Show," while "Buffy the Vampire Slayer," "Miami Vice," "Moonlighting" and "The Sopranos" are among the drama candidates.

The TV academy and Emmy show producers came up with the competition and the contenders in honor of the 60th annual presentation of the Emmy Awards.

"It's a perfect opportunity both to celebrate the history of television and at the same time introduce new generations to some of the medium's most important events," Emmy executive producer Ken Ehrlich said in a statement Monday.

Fans can watch clips and vote for their faves online until Sept. 15.

The top five vote-getters in each category will be presented during the Emmy show on Sept. 21. (AP)



An Iraq veteran will star opposite actress Beth Ehlers, above, on "All My Children."

A Casting Call for Vets

ABC soap opera is searching for an Iraq war veteran for role

REALITY-ISH TV | An open casting call for "All My Children" is far from business as usual: The soap opera is seeking an Iraq war veteran to play an injured veteran.

The ABC daytime show has created a romantic story line to combine entertainment and a window into the challenges faced after com-

bat, said executive producer Julie Hanan Carruthers. "All My Children" has launched a broad search to fill the role, inviting veterans to contact the show's New York casting director. The series also is working with a veterans support group, USA Cares, and the military.

The veteran-turned-actor will play the character of Brot, a key figure in a plot that's already under way and involves a visitor to fictional Pine Valley, Army Lt. Taylor Thompson (Beth Ehlers).

Taylor, who was stationed in Iraq and is on medical leave, has come to town to deliver medals to fellow soldier Dr. Frankie Hubbard (Cornelius Smith Jr.). But it's Brot, the soldier and lover she believes died in combat, who's on her mind. Brot, however, survived. Unwilling to involve Taylor in his suffering, he's allowed her to think he's dead.

The casting call isn't limited to those who were wounded in the war, an ABC spokesman said.

LYNN ELBER (AP)

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KUNG FU PANDA: THE IMAX EXPERIENCE (PG)
6:45, 9:20
SPACE STATION 3D (NR-NOT RATED) 2:15, 4:00

DIGITAL 3D
JOURNEY TO THE CENTER OF THE EARTH (PG)
1:50, 4:25, 7:05, 9:40
MIRRORS (R) 1:35, 4:35, 7:40, 10:30
STAR WARS: THE CLONE WARS (PG) 1:30, 3:20, 4:10, 5:50, 7:00, 8:20, 9:50
TROPIC THUNDER (R) 1:20, 2:20, 4:05, 5:10, 7:10, 8:10, 10:00
PINEAPPLE EXPRESS (R) 1:15, 4:20, 7:15, 10:25
PINEAPPLE EXPRESS (R) 2:10, 5:05, 8:15
THE SISTERHOOD OF THE TRAVELING PANTS 2 (PG13) 1:05, 3:15, 4:15, 6:25, 7:20, 9:30
THE MUMMY: TOMB OF THE DRAGON EMPEROR (PG13) 1:10, 3:00, 4:30, 6:10, 7:30, 9:05, 10:15
SWING VOTE (PG13) 10:05 PM
STEP BROTHERS (R) 1:00, 1:55, 3:40, 4:50, 6:30, 7:45, 9:15
THE DARK KNIGHT (PG13) 1:40, 2:40, 5:20, 6:20, 9:00, 9:55
MAMMA MIA! (PG13) 1:25, 4:45, 7:25
HELLBOY II: THE GOLDEN ARMY (PG13) 7:55
HAWKCOCK (PG13) 2:30, 5:00, 7:35, 10:10
WALL-E (G) 2:05, 5:15

AMC SELECT
VICKY CRISTINA BARCELONA (PG13) 1:45, 4:40
HENRY POOLE IS HERE (PG) 2:00, 4:55, 7:50, 10:20

AMC COLUMBIA MALL 14

10300 Patuxent Parkway
703-998-4AMC

THE IMAX EXPERIENCE
KUNG FU PANDA: THE IMAX EXPERIENCE (PG)
2:45, 5:10, 7:35, 9:50
SPACE STATION 3D (NR-NOT RATED) 11:40, 1:15

DIGITAL 3D
JOURNEY TO THE CENTER OF THE EARTH (PG)
1:10, 3:35, 6:10, 8:40
MIRRORS (R) 1:40, 4:20, 7:10, 10:00
STAR WARS: THE CLONE WARS (PG) 12:30, 3:00, 5:30, 8:00, 10:30
TROPIC THUNDER (R) 11:35, 2:15, 4:50, 7:40, 10:20
PINEAPPLE EXPRESS (R) 11:00, 1:30, 4:05, 7:00, 10:10
THE SISTERHOOD OF THE TRAVELING PANTS 2 (PG13) 1:20, 2:10, 5:00, 7:50, 10:35
THE MUMMY: TOMB OF THE DRAGON EMPEROR (PG13) 1:35, 4:15, 7:05, 9:55
SWING VOTE (PG13) 1:25
STEP BROTHERS (R) 1:00, 3:25, 6:00, 8:25
THE DARK KNIGHT (PG13) 11:30, 2:50, 4:10, 6:20, 7:30, 9:35, 10:35
MAMMA MIA! (PG13) 1:20, 4:30, 7:20, 10:05
HAWKCOCK (PG13) 12:25, 2:40, 5:05, 7:25, 9:40

AMC SELECT
VICKY CRISTINA BARCELONA (PG13) 12:45, 3:10, 5:45, 8:10, 10:25

LOEWS GEORGETOWN 14

3111 K Street, N.W.
202-342-6441

DIGITAL 3D

FLY ME TO THE MOON 3-D (G) 1:25, 3:40, 5:55, 8:15, 10:25
MIRRORS (R) 2:25, 5:10, 7:55, 10:30
STAR WARS: THE CLONE WARS (PG) 2:20, 4:45, 7:15, 9:45
TROPIC THUNDER (R) 2:10, 4:50, 7:30, 10:10
PINEAPPLE EXPRESS (R) 1:20, 4:00, 5:15, 6:45, 8:00, 9:30, 10:30
THE SISTERHOOD OF THE TRAVELING PANTS 2 (PG13) 2:05, 4:55, 7:45, 10:20
THE SISTERHOOD OF THE TRAVELING PANTS 2 (PG13) 2:05, 4:55, 7:45, 10:20
THE MUMMY: TOMB OF THE DRAGON EMPEROR (PG13) 1:45, 4:35, 7:25, 10:05
STEP BROTHERS (R) 2:15, 4:40, 7:05, 9:35
THE DARK KNIGHT (PG13) 3:35, 7:00, 10:15
MAMMA MIA! (PG13) 2:35, 5:05, 10:15
AMC SELECT
VICKY CRISTINA BARCELONA (PG13) 1:00, 3:15, 5:40, 8:05, 10:20
HENRY POOLE IS HERE (PG) 2:30, 5:00, 7:20, 9:55
BOTTLE SHOCK (PG13) 1:50, 4:20, 6:50, 9:20
AMERICAN TEEN (PG13) 2:35

AMC POTOMAC MILLS 18

2700 Potomac Mills Circle, Ste 886
703-998-4262

THE IMAX EXPERIENCE
KUNG FU PANDA: THE IMAX EXPERIENCE (PG)
5:35, 7:55, 10:20
SPACE STATION 3D (NR-NOT RATED) 2:15, 4:00

DIGITAL 3D
JOURNEY TO THE CENTER OF THE EARTH (PG)
12:25, 2:50, 5:20, 7:50, 10:10
MIRRORS (R) 1:40, 4:30, 7:10, 10:00
STAR WARS: THE CLONE WARS (PG) 1:45, 4:35, 7:05, 9:45
TROPIC THUNDER (R) 1:20, 1:20, 2:35, 4:05, 5:10, 6:45, 7:45, 9:35, 10:30
PINEAPPLE EXPRESS (R) 1:35, 4:25, 7:15, 10:05
PINEAPPLE EXPRESS (R) 12:55, 3:40, 6:25, 9:05
THE SISTERHOOD OF THE TRAVELING PANTS 2 (PG13) 1:00, 1:55, 3:45, 4:45, 7:30, 10:15
THE MUMMY: TOMB OF THE DRAGON EMPEROR (PG13) 2:05, 4:50, 6:30, 7:40, 9:30, 10:25
STEP BROTHERS (R) 1:50, 4:20, 6:50, 9:15
THE DARK KNIGHT (PG13) 2:55, 6:15, 7:35, 9:50
MAMMA MIA! (PG13) 1:05, 3:55, 6:40, 9:20
HELLBOY II: THE GOLDEN ARMY (PG13) 3:50, 9:25
HAWKCOCK (PG13) 1:25, 7:00
WALL-E (G) 12:15, 2:40, 5:05

AMC SELECT
VICKY CRISTINA BARCELONA (PG13) 12:10, 2:30, 4:55, 7:25, 9:55
HENRY POOLE IS HERE (PG) 2:00, 4:40, 7:20, 9:40

AMC COURTHOUSE PLAZA 8

Courthouse and Birch Rd.
703-998-4AMC

THE SISTERHOOD OF THE TRAVELING PANTS 2 (PG13) 2:50, 5:30, 8:10
THE MUMMY: TOMB OF THE DRAGON EMPEROR (PG13) 1:30, 2:25, 3:50, 4:50, 6:40, 7:40, 9:30, 10:15
SWING VOTE (PG13) 1:50, 4:30, 7:10, 9:50
STEP BROTHERS (R) 3:20, 5:40, 7:00, 8:00, 9:20, 10:20
GET SMART (PG13) 2:10, 7:20
SEX AND THE CITY (R) 1:40, 4:45, 7:50
IRON MAN (PG13) 4:40, 10:00

MAGIC JOHNSON CAPITAL CENTRE 12

800 Shopper's Way, Largo
301-324-4220

MIRRORS (R) 1:00, 3:50, 6:50, 9:50
STAR WARS: THE CLONE WARS (PG) 12:10, 2:30, 4:50, 7:10, 9:30
TROPIC THUNDER (R) 12:30, 1:25, 3:25, 4:25, 6:25, 7:25, 9:25, 10:05
PINEAPPLE EXPRESS (R) 1:20, 4:20, 7:20, 10:05
THE SISTERHOOD OF THE TRAVELING PANTS 2 (PG13) 1:10, 4:10, 7:05, 10:10
THE MUMMY: TOMB OF THE DRAGON EMPEROR (PG13) 1:05, 4:05, 7:00, 9:40
STEP BROTHERS (R) 12:15, 2:45, 5:15, 7:45, 10:15
THE DARK KNIGHT (PG13) 12:05, 1:30, 3:30, 4:45, 6:45, 8:30, 10:00
HAWKCOCK (PG13) 12:20, 2:35, 5:05, 7:30, 9:45
WANTED (R) 1:15, 4:15, 7:15, 9:55

LOEWS SHIRLINGTON 7

2772 South Randolph
703-671-0910 801

AMC SELECT
VICKY CRISTINA BARCELONA (PG13) 1:50, 4:10, 7:00
HENRY POOLE IS HERE (PG) 1:30, 4:10, 7:10
BOTTLE SHOCK (PG13) 1:40, 4:20, 7:00
MAN ON WIRE (PG13) 2:30, 4:40, 7:50
BRIDESHEAD REVISITED (PG13) 1:45, 4:30, 7:20
TRANSIBERIAN (R) 2:20, 5:00, 7:40
TELL NO ONE (NR-NOT RATED) 2:00, 4:50, 7:30

LOEWS UPTOWN 1

3426 Connecticut Avenue N.W.
1-800-FANDANGO #713

THE DARK KNIGHT (PG13) 2:00, 5:15, 8:30

AMC TYSONS CORNER 16

7850 Tysons Corner Center
703-998-4262

DIGITAL 3D
JOURNEY TO THE CENTER OF THE EARTH (PG)
10:25, 12:45, 3:05, 5:30, 7:55, 10:25

SPECIAL MIDNIGHT SHOW
THE ROCKER (PG13) 12:01 AM
MIRRORS (R) 11:00, 1:40, 4:20, 7:15, 10:00
STAR WARS: THE CLONE WARS (PG) 10:15, 12:40, 3:10, 5:40, 8:10, 10:40
TROPIC THUNDER (R) 10:50, 12:10, 1:30, 2:55, 4:10, 5:35, 7:05, 8:25, 9:45, 11:00
PINEAPPLE EXPRESS (R) 11:15, 12:35, 1:55, 3:15, 4:45, 5:55, 7:25, 8:35, 10:15, 11:15
THE SISTERHOOD OF THE TRAVELING PANTS 2 (PG13) 10:35, 1:20, 4:05, 7:00, 9:50
THE MUMMY: TOMB OF THE DRAGON EMPEROR (PG13) 10:45 PM
SWING VOTE (PG13) 10:45 PM
STEP BROTHERS (R) 11:25, 2:00, 4:40, 7:10, 9:35
THE DARK KNIGHT (PG13) 10:15, 1:35, 3:35, 5:00, 7:00, 8:30, 10:20
MAMMA MIA! (PG13) 12:00, 2:35, 5:10, 7:50, 10:30
WALL-E (G) 10:40, 1:05, 3:30, 5:50, 8:15
GET SMART (PG13) 10:20, 1:00

AMC SELECT
VICKY CRISTINA BARCELONA (PG13) 12:25, 3:00, 5:25, 8:00, 10:35
HENRY POOLE IS HERE (PG) 10:30, 12:55, 3:20, 5:45, 8:20, 10:50

AMC MAZZA GALLERIE

Jenifer and Wisconsin
202-537-9553

TROPIC THUNDER (R) 12:30, 3:00, 5:30, 8:00, 10:30
PINEAPPLE EXPRESS (R) 1:40, 4:10, 7:15, 10:10
THE SISTERHOOD OF THE TRAVELING PANTS 2 (PG13) 1:20, 4:20, 7:10, 9:50
THE MUMMY: TOMB OF THE DRAGON EMPEROR (PG13) 1:30, 4:00
THE DARK KNIGHT (PG13) 12:00, 3:30, 7:00, 10:20
MAMMA MIA! (PG13) 2:00, 4:30, 7:20, 10:00
WALL-E (G) 12:20, 2:40, 5:00, 7:25, 9:40

LOEWS RIO CINEMAS 18

9811 Washingtonian Boulevard
301-948-0906

DIGITAL 3D
JOURNEY TO THE CENTER OF THE EARTH (PG)
12:10, 2:40, 5:00, 7:20, 9:40

SPECIAL MIDNIGHT SHOW
THE ROCKER (PG13) 12:01 AM
MIRRORS (R) 12:00, 2:50, 5:25, 8:00, 10:45
STAR WARS: THE CLONE WARS (PG) 12:15, 1:20, 2:45, 3:50, 5:10, 6:20, 7:45, 8:50, 10:15, 11:10
TROPIC THUNDER (R) 12:05, 1:45, 3:00, 4:20, 5:40, 7:10, 8:15, 9:50, 10:50
PINEAPPLE EXPRESS (R) 12:20, 3:20, 5:55, 8:40
PINEAPPLE EXPRESS (R) 1:50, 4:30, 7:15, 9:55
THE SISTERHOOD OF THE TRAVELING PANTS 2 (PG13) 1:15, 2:30, 4:05, 5:30, 7:00, 8:20, 9:45, 11:05
THE MUMMY: TOMB OF THE DRAGON EMPEROR (PG13) 1:30, 4:10, 7:30, 10:05
SWING VOTE (PG13) 4:40, 7:25, 10:10
STEP BROTHERS (R) 12:50, 3:15, 5:45, 8:05, 10:25
THE DARK KNIGHT (PG13) 12:30, 2:00, 3:45, 5:15, 7:05, 8:35, 10:20
MAMMA MIA! (PG13) 12:35, 3:05, 5:50, 8:25, 10:55
WALL-E (G) 12:00, 2:20

AMC SELECT
VICKY CRISTINA BARCELONA (PG13) 12:40, 3:10, 5:35, 8:10, 10:40
HENRY POOLE IS HERE (PG) 12:25, 2:55, 5:20, 7:55, 10:30

LOEWS WHITE FLINT 5

North Bethesda
1-800-FANDANGO #741

PINEAPPLE EXPRESS (R) 1:40, 4:25, 7:15
THE SISTERHOOD OF THE TRAVELING PANTS 2 (PG13) 1:25, 4:05, 7:10
THE DARK KNIGHT (PG13) 1:10, 4:20, 7:35
MAMMA MIA! (PG13) 1:30, 4:10, 7:00

AMC SELECT
VICKY CRISTINA BARCELONA (PG13) 1:45, 4:15, 7:25

Times for Tuesday, August 19, 2008

✓SPECIAL ENGAGEMENT No passes or discount coupons

CC - Closed Captioning - DV - Descriptive Video Service

REGAL

ENTERTAINMENT GROUP

ROCKVILLE CENTER STADIUM 13

Rockville Town Center 800-FANDANGO 248#

STAR WARS: THE CLONE WARS (PG)

(1145 215 500) 745 1030

VICKY CRISTINA BARCELONA (PG-13)

(1115 145 415) 645 930

MIRRORS (R) - ID REQ'D

(1115 200 445) 730 1015

TROPIC THUNDER (R) - ID REQ'D ★

(1130 115 215 415 515) 715 815

1000

PINEAPPLE EXPRESS (R) - ID REQ'D

(1100 100 200 500) 700 800

1045

OC: PINEAPPLE EXPRESS (R) - ID REQ'D

(400) 945

THE DARK KNIGHT (PG-13)

(1200 330) 700 1030

JOURNEY 3-D: \$2.50 ADDED FEE FOR 3-D (PG) ★

(1050 115 345)

615 845

SISTERHOOD OF THE TRAVELING PANTS 2 (PG-13)

(1230 330) 630

915

STEP BROTHERS (R) - ID REQ'D

(1045 145 445) 745 1020

MAMMA MIA (PG-13)

(400) 645 930

THE MUMMY: TOMB OF THE DRAGON EMPEROR (PG-13)

(1055 130)

430 730 1015

WALL-E (G)

(1045 130)

GALLERY PLACE STADIUM 14

701 Seventh St NW 800-FANDANGO 1721#

Adv. Tix on Sale BABYLON AD (PG-13) ★

MIRRORS (R) - ID REQ'D

(1110 200) 445 730 1015

STAR WARS: THE CLONE WARS (PG)

(1105 130) 430 715 1000

TROPIC THUNDER (R) - ID REQ'D ★

(1100 1140 1215 135 215 300)

415 500 600 700 750 900 945 1035

320 920

OC: PINEAPPLE EXPRESS (R) - ID REQ'D

(1200) 340 655

955

PINEAPPLE EXPRESS (R) - ID REQ'D

(1230 130) 435 635 740 1030

THE MUMMY: TOMB OF THE DRAGON EMPEROR (PG-13)

(120 410)

720 1025

STEP BROTHERS (R) - ID REQ'D

(1135 205) 440 735 1010

MAMMA MIA (PG-13)

(145) 420 705 950

THE DARK KNIGHT (PG-13)

(1115 230) 615 710 930 1020

JOURNEY TO THE CENTER OF THE EARTH (PG)

(1130) AM

WALL-E (G)

(1120 140) 405

FLY ME TO THE MOON 3D (G) ★

(1125 150 400) 650 915

UA SNOWDEN SQ STADIUM 14

9161 Commerce Ctr Dr 800-FANDANGO 570#

Adv. Tix on Sale FIREPROOF (PG) ★

Adv. Tix on Sale BABYLON AD (PG-13) ★

VICKY CRISTINA BARCELONA (PG-13)

(1230 300 530) 745 1030

HENRY POOLE IS HERE (PG)

(130 430) 715 930

MIRRORS (R) - ID REQ'D

(1215 245 515) 745 1025

STAR WARS: THE CLONE WARS (PG)

(1200 230 500) 730 1015

TROPIC THUNDER (R) - ID REQ'D ★

(1200 230 515) 800 1045

SISTERHOOD OF THE TRAVELING PANTS 2 (PG-13)

(100 415) 700

945

PINEAPPLE EXPRESS (R) - ID REQ'D

(100 200 400 500) 630 730 930

1030

BRIDESHEAD REVISITED (PG-13)

(1215 315) 645 945

SWING VOTE (PG-13)

1000 PM

THE MUMMY: TOMB OF THE DRAGON EMPEROR (PG-13)

(1245) 630

STEP BROTHERS (R) - ID REQ'D

(1230 300 530) 800 1045

MAMMA MIA (PG-13)

(115 400) 715 1015

THE DARK KNIGHT (PG-13)

(1155 315) 645 1000

WALL-E (G)

(1245 345) 700

OC & DA: THE MUMMY: TOMB OF THE DRAGON EMPEROR (PG-13)

(330) 915

Times For 8/19

Bargain Matinees In ()

OC= Open Captioned

RW=RWC Available

DA= Descriptive Audio Available

DP= Digital Projection

* Pass/Discount Ticket Restrictions Apply

@2008

www.REGmovies.com

214 20 400 536" data-label="Complex-Block">

MAJESTIC STADIUM 20

800 Ellsworth Dr. Silver Spring, MD 240-393-4826

Adv. Tix on Sale BABYLON AD (PG-13) ★

TROPIC THUNDER (R) - ID REQ'D ★

(1020 1130 100 200)

330 450) 605 730 830 1010 1105

1050 130 400

RW: TROPIC THUNDER (R) - ID REQ'D ★

(1050 130 400)

630 910

STAR WARS: THE CLONE WARS (PG)

(1015 1115 1250 150)

325 425) 600 700 820 935 1050

MIRRORS (R) - ID REQ'D (Stadium)

(1130 215 500) 745 1030

VICKY CRISTINA BARCELONA (PG-13) (Stadium)

(1225 245 510) 725

1000

HENRY POOLE IS HERE (PG) (Stadium)

(1105 125 355) 620 840 1100

PINEAPPLE EXPRESS (R) - ID REQ'D (Stadium)

(1100 1200 140 240)

420 520) 655 810 940 1045

RW & DA: PINEAPPLE EXPRESS (R) - ID REQ'D (Stadium)

(1010 1245)

340 625 900

SISTERHOOD OF THE TRAVELING PANTS 2 (PG-13) (Stadium)

(1135)

215 455) 740 1020

THE MUMMY: TOMB OF THE DRAGON EMPEROR (PG-13) (Stadium)

(1055 1230 135 300 405 530)

705 805 945 1025

THE DARK KNIGHT (PG-13) (Stadium)

(1110 1150 230 320) 610 710

930 1025

STEP BROTHERS (R) - ID REQ'D (Stadium)

(1025 1240 310 540) 800

1040

WALL-E (G) (Stadium)

(1000 1220 250 515) 750

1015 PM

SPACE CHIMPS (G) (Stadium)

(1005 1210)

MAMMA MIA (PG-13) (Stadium)

(1030 120 415) 645 945

HANCOCK (PG-13) (Stadium)

(220 430) 720 950

ROYALE STADIUM 14

6505 America Blvd. Hyattsville, MD 301-864-3456

MIRRORS (R) - ID REQ'D (Stadium)

(1140 210 440) 740 1030

STAR WARS: THE CLONE WARS (PG) (Stadium)

(1120 140 410) 720

940

TROPIC THUNDER (R) - ID REQ'D ★

(1220 310 530) 805

1040

RW: TROPIC THUNDER (R) - ID REQ'D (Stadium)

(110 340) 650 935

PINEAPPLE EXPRESS (R) - ID REQ'D (Stadium)

(1100 130 420) 710

1000

RW & DA: PINEAPPLE EXPRESS (R) - ID REQ'D (Stadium)

(1230)

450 750 1035

SISTERHOOD OF THE TRAVELING PANTS 2 (PG-13) (Stadium)

(1230)

320 630 945

THE MUMMY: TOMB OF THE DRAGON EMPEROR (PG-13) (Stadium)

(1120 1240 310 540) 800

1040

STEP BROTHERS (R) - ID REQ'D (Stadium)

(1200 230 500) 730 1020

THE DARK KNIGHT (PG-13) (Stadium)

(1110 120 430) 640 800

1010

JOURNEY TO THE CENTER OF THE EARTH (PG) (Stadium)

(1120)

300 510

HANCOCK (PG-13) (Stadium)

(1130 150 400) 700 950

WANTED (R) - ID REQ'D (Stadium)

(755 1025)

BETHESDA 10

7272 Wisconsin Avenue 800-FANDANGO 569#

VICKY CRISTINA BARCELONA (PG-13)

(1145 215 445) 715 940

MIRRORS (R) - ID REQ'D

(1130 200 430) 745 1020

STAR WARS: THE CLONE WARS (PG)

(1200 230 500) 730 1000

TROPIC THUNDER (R) - ID REQ'D ★

(1245 315 545) 815 1045

SISTERHOOD OF THE TRAVELING PANTS 2 (PG-13)

(1100 140 420)

1000

PINEAPPLE EXPRESS (R) - ID REQ'D

(1200 240 520) 800 1030

THE MUMMY: TOMB OF THE DRAGON EMPEROR (PG-13)

(1100 130)

410 645 920

STEP BROTHERS (R) - ID REQ'D

(1215 245 515) 745 1010

MAMMA MIA (PG-13)

(1230 500) 730 1030

THE DARK KNIGHT (PG-13)

(1210 330) 700 1015

WALL-E (G)

(1200) PM

BOWIE STADIUM 14

15240 Major Lansdale Blvd 800-FANDANGO 454#

Adv. Tix on Sale FIREPROOF (PG) ★

STAR WARS: THE CLONE WARS (PG)

(1100 115 345) 615 845 1115

MIRRORS (R) - ID REQ'D

(1200 230 515) 800 1030

TROPIC THUNDER (R) - ID REQ'D ★

(1100 1145 1230 145 230 315)

415 500) 600 645 730 830 915 1000 1100

PINEAPPLE EXPRESS (R) - ID REQ'D

(1130 1215 215 300 500 545)

730 815 1000 1045

SISTERHOOD OF THE TRAVELING PANTS 2 (PG-13)

(1145 245 515)

745 1015

THE MUMMY: TOMB OF THE DRAGON EMPEROR (PG-13)

(1245 330)

STEP BROTHERS (R) - ID REQ'D

(100 330) 615 900 1115

MAMMA MIA (PG-13)

(1115 200 430) 700 945

THE DARK KNIGHT (PG-13)

(1230 345) 715 1045

JOURNEY 3-D: \$2.50 ADDED FEE FOR 3-D (PG) ★

(1130 145 400)

630

HANCOCK (PG-13)

(400) 630 845 1100

WALL-E (G)

(1115 130)

SWING VOTE (PG-13)

900 PM

400 20 585 536" data-label="Complex-Block">

GERMANTOWN STADIUM 14

20000 Century Blvd 800-FANDANGO 455#

TROPIC THUNDER (R) - ID REQ'D ★

(100 230 430 530) 715 815 1000

1045

STAR WARS: THE CLONE WARS (PG)

(130 445) 730 1015

MIRRORS (R) - ID REQ'D

(115 445) 745 1030

PINEAPPLE EXPRESS (R) - ID REQ'D

(115 245 515) 700 800 1045

OC: PINEAPPLE EXPRESS (R) - ID REQ'D

(430) 1000

SISTERHOOD OF THE TRAVELING PANTS 2 (PG-13)

(100 400) 700

945

THE MUMMY: TOMB OF THE DRAGON EMPEROR (PG-13)

(130 415)

730 1015

SWING VOTE (PG-13)

(215 515) 815 1045

STEP BROTHERS (R) - ID REQ'D

(1245 345) 645 930

MAMMA MIA (PG-13)

(1230 400) 715 1030

JOURNEY TO THE CENTER OF THE EARTH (PG)

(1245 330) 645 945

HANCOCK (PG-13)

(145 415) 630 930

WALL-E (G)

(1230 345) 630

BALLSTON COMMON STADIUM 12

671 N Glebe Rd 800-FANDANGO 377#

Adv. Tix on Sale BABYLON AD (PG-13) ★

VICKY CRISTINA BARCELONA (PG-13)

(1145 220 505) 730 1010

HENRY POOLE IS HERE (PG)

(1105 150 425) 735 1015

THE DARK KNIGHT (PG-13)

(1100 145 435) 750 1040

STAR WARS: THE CLONE WARS (PG)

(1115 200 445) 720 955

TROPIC THUNDER (R) - ID REQ'D ★

(1125 130 210 415 455) 700 945

945 1025

PINEAPPLE EXPRESS (R) - ID REQ'D

(1255 140 345 430) 715 800

BRIDESHEAD REVISITED (PG-13)

(1200 320) 640 950

MAMMA MIA (PG-13)

(120 405) 650 930

THE DARK KNIGHT (PG-13)

(1210 340) 610 710 935 1035

WALL-E (G)

(1155 330)

POTOMAC YARD STADIUM 16

3575 Jefferson Davis Hwy 800-FANDANGO 690#

Adv. Tix on Sale BABYLON AD (PG-13) ★

SURFS UP (PG)

(1000) AM

WALLACE AND GROMIT (G)

(1000) AM

MIRRORS (R) - ID REQ'D

(140 425) 710 950

STAR WARS: THE CLONE WARS (PG)

(1120 200 445) 720 955

TROPIC THUNDER (R) - ID REQ'D ★

(1125 1250 130 210 335 415)

455 620 700 740 905 945 1025

SISTERHOOD OF THE TRAVELING PANTS 2 (PG-13)

(1010 100 350)

650 940

MAMMA MIA (PG-13)

(1135 220 505) 750 1035

THE DARK KNIGHT (PG-13)

(1115 1215 300 400) 630 700 1000

PINEAPPLE EXPRESS (R) - ID REQ'D

(1110 1255 225 510) 630 800

THE MUMMY: TOMB OF THE DRAGON EMPEROR (PG-13)

(1230 320)

610 800

SWING VOTE (PG-13)

(130) PM

STEP BROTHERS (R) - ID REQ'D

(1155 230 500) 735 1010

HANCOCK (PG-13)

(1020 1240 310 540) 810

JOURNEY 3-D: \$2.50 ADDED FEE FOR 3-D (PG) ★

(1105 140 410)

640 910

WALL-E (G)

(1030 110 350) 650

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5910 Kingstowne Towne Center 703-822-4956

Adv. Tix on Sale BABYLON AD (PG-13) ★

VICKY CRISTINA BARCELONA (PG-13) (Stadium)

(1155 225 455) 715

940

MIRRORS (R) - ID REQ'D (Stadium)

(1135 210 445) 730 1005

STAR WARS: THE CLONE WARS (PG) (Stadium)

(1200 245 510) 745

1015

RW: TROPIC THUNDER (R) - ID REQ'D (Stadium)

(1245 320) 615 900

TROPIC THUNDER (R) - ID REQ'D ★

(1100 1145 135 220)

410 500) 700 800 945 1030

SISTERHOOD OF THE TRAVELING PANTS 2 (PG-13) (Stadium)

(1105 150 435) 725 1025

PINEAPPLE EXPRESS (R) - ID REQ'D (Stadium)

(1130 105 205 350)

440 635 740 920 1010

THE MUMMY: TOMB OF THE DRAGON EMPEROR (PG-13) (Stadium)

(1110 155 430) 720 1000

915 PM

SWING VOTE (PG-13) (Stadium)

(100 335) 650 910

STEP BROTHERS (R) - ID REQ'D (Stadium)

(1230 330) 645 925

MAMMA MIA (PG-13) (Stadium)

(1250)

JOURNEY TO THE CENTER OF THE EARTH (PG) (Stadium)

(1250)

620 855

HANCOCK (PG-13) (Stadium)

(1115 145 415) 640

WALL-E (G) (Stadium)

(1120 1220 235 340) 610 705

THE DARK KNIGHT (PG-13) (Stadium)

(930 1020)

585 20 770 536" data-label="Complex-Block">

COUNTRYSIDE STADIUM 20

45980 Regal Plaza 800-FANDANGO 394#

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VICKY CRISTINA BARCELONA (PG-13)

(1155 215 440) 715 945

HENRY POOLE IS HERE (PG)

(1205 230 455) 725 955

STAR WARS: THE CLONE WARS (PG)

(1130 1230 300 430) 630

720 900 950

MIRRORS (R) - ID REQ'D

(140 445) 735 1025

TROPIC THUNDER (R) - ID REQ'D ★

(1140 1220 130 210 250 410)

450 630) 650 730 810 930 1010

OC: PINEAPPLE EXPRESS (R) - ID REQ'D

(350) 940

SISTERHOOD OF THE TRAVELING PANTS 2 (PG-13)

(1240 335) 625

945

PINEAPPLE EXPRESS (R) - ID REQ'D

(1135 100 220 500) 700 740

1020

BRIDESHEAD REVISITED (PG-13)

(1245 400) 710 1015

THE MUMMY: TOMB OF THE DRAGON EMPEROR (PG-13)

(1200 235)

510 750 1030

SWING VOTE (PG-13)

(1215 240 505) 745 1005

STEP BROTHERS (R) - ID REQ'D

(1210 225)

MAMMA MIA (PG-13)

(105 345) 645 920

THE DARK KNIGHT (PG-13)

(1150 1250 310 420) 640 755 1000

JOURNEY 3-D: \$2.50 ADDED FEE FOR 3-D (PG) ★

(1145 205 425)

655 915

HANCOCK (PG-13)

(435) 705 925

WALL-E (G)

(110 340) 635

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(1235 425) 735 1010

STAR WARS: THE CLONE WARS (PG) (Stadium)

(1200 230 500) 725

915 PM

RW: TROPIC THUNDER (R) - ID REQ'D (Stadium)

(200 430) 700 930

TROPIC THUNDER (R) - ID REQ'D ★

(1215 100 245 300)

515) 600 745 830 1015

RW & DA: PINEAPPLE EXPRESS (R) - ID REQ'D (Stadium)

(1250 245)

645 925

SISTERHOOD OF THE TRAVELING PANTS 2 (PG-13) (Stadium)

(1210 300) 615 900

PINEAPPLE EXPRESS (R) - ID REQ'D (Stadium)

(145 445) 730 1020

THE MUMMY: TOMB OF THE DRAGON EMPEROR (PG-13) (Stadium)

(110 350) 640 950

SWING VOTE (PG-13) (Stadium)

(1205 235 510) 800 1025

STEP BROTHERS (R) - ID REQ'D (Stadium)

(1230 240 450) 710

MAMMA MIA (PG-13) (Stadium)

(140 415) 650 940

THE DARK KNIGHT (PG-13) (Stadium)

(1200 1245 315 400) 630 715

JOURNEY TO THE CENTER OF THE EARTH (PG) (Stadium)

(115 340)

620 910

HANCOCK (PG-13) (Stadium)

(1220 250) 610

WALL-E (G) (Stadium)

(1220 250) 610

FAIRFAX TOWNE CENTER 10

4110 W Ox Road 800-FANDANGO 670#

MIRRORS (R) - ID REQ'D

(1120 1250 210 345 455) 655 740 940 1025

HENRY POOLE IS HERE (PG)

(1125 155 435) 730 1000

PINEAPPLE EXPRESS (R) - ID REQ'D

(1130 100 215 400 500) 640 745

920 1030

BRIDESHEAD REVISITED (PG-13)

(1255 405) 710 1010

X-FILES: I WANT TO BELIEVE (PG-13)

925 PM

SPACE CHIMPS (G)

(1140 205)

HELLBOY II: THE GOLDEN ARMY (PG-13)

(420) 715 1015

JOURNEY 3-D: \$2.50 ADDED FEE FOR 3-D (PG) ★

(1155 220 450)

620 945

KIT KITTREDGE: AMERICAN GIRL (G)

(1135 200 430) 700

WALL-E (G)

(1115 150 425) 705 935

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11380 Bulloch Drive 800-FANDANGO 490#

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(1130 215 500) 745 1030

STAR WARS: THE CLONE WARS (PG)

(1115 200 445) 730 1000

TROPIC THUNDER (R) - ID REQ'D ★

(1200 145 230 430 530) 715 815

945 1045

SISTERHOOD OF THE TRAVELING PANTS 2 (PG-13)

(1220 310) 615

900

PINEAPPLE EXPRESS (R) - ID REQ'D

(1010 1050 1245 130 330 415)

THE MUMMY: TOMB OF THE DRAGON EMPEROR (PG-13)

(1030 120)

SWING VOTE (PG-13)

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Entertainment



Zack De la Rocha has found a fresh voice in a new group and more Rage shows.

He's Finding A New Rage

Zack De la Rocha returns with a new group and opinions

VOCAL | Zack De la Rocha is as famous for his radical politics as for incendiary poetics. Between his retirement from Rage Against the Machine in 2000 and his recent reunion with the band, he's limited his public appearances. His musical output has been spare, too: Only a few songs have seen light.

But this summer, the 38-year-old is back and seemingly unstoppable. He has a new musical project. *One Day as a Lion* which pairs him with drummer Jon Theodore. "One Day as a Lion's self-titled debut EP, on Anti Records, hit No. 28 on the Billboard charts and is gaining traction nationally. A full release will come in the fall.

De la Rocha has also found a way to embrace Rage again. The band has just announced a Sept. 3 Minneapolis show, which will serve as a protest against the Republican National Convention occurring simultaneously in St. Paul. This burst of activity has even inspired De la Rocha to break his media silence.

The first One Day as a Lion single is called “Wild International.” That

implies global politics from the get-go. How does your work fit into it?

Most of the songs have to do with redemptive moments that come in the face of some real indignity. And that's the current that I'm trying to tap into, because I think that for a lot of people — for the real participants who've been left out of the debate, who live in the shadows and work at car washes and are forced to cross the border, and are struggling and facing the real economic consequences — they're often left out of the debate, on the right and the left, because of the language they speak or even the terminology that they use.

It's an election year here in the United States. Did that factor into your decision to debut new music now?

I'd be lying if I said it was coincidental. I think that it's an interesting moment. The lowest approval rating in the history of any presidency — and for Congress. There's this interesting rupture developing.

What is your relationship like with the Rage guys now?

When you get older, you look back on tensions and grievances and have another perspective on it. I think our relationship now is better than it's ever been.

ANN POWERS (LOS ANGELES TIMES)



'THE BIGGEST GAINER': The Food Network is launching a new series tentatively titled "Eat the Clock," a cross between an eating competition and "The Amazing Race." On the show, two teams of contestants engage in face-stuffing challenges.

Television

ON TV TONIGHT

WORK IT, GIRL

A young woman (Barbara Stanwyck) uses all of her wiles to get to the top of the banking world in the controversial 1933 drama **BABY FACE** (3:15 p.m., TCM). It's part of a 24-hour salute to Stanwyck.

THEY ALL FALL DOWN

Obstacles galore on **WIPEOUT** (8 p.m., ABC).

TOMKAT-INSPIRED MOVE

The voyeuristic series **SECRET LIVES OF WOMEN** (10 p.m., WE) looks at a young woman whose family abandoned her after she left the Church of Scientology.

HARDLY REALITY

The celebrity family glances back at the past year on **TORI & DEAN: HOME SWEET HOLLYWOOD** (10 p.m., Oxygen). It just won't be the same without the pug.

POST-DUI APPEARANCE

Shia LaBeouf and N.E.R.D. appear on **LATE SHOW WITH DAVID LETTERMAN**



HAPPY FAMILY: For some reason, Tori and Dean insist on adding to the family.

(11:35 p.m., CBS).

THE HOLD STEADY

Craig Ferguson hosts Rainn Wilson, Cory Kahaney and the Hold Steady on **THE LATE, LATE SHOW** (12:37 a.m., CBS). KEVIN MCDONOUGH (UNITED FEATURE SYNDICATE)

CSI: Pinochet's Chile

PBS profiles a judge who helped expose a dictator's vile acts

HEINOUS | How do you rebuild a democracy? How does a society torn by dictatorship and official murder find justice? "P.O.V." (10 p.m., PBS) presents "The Judge and the General," a profile of Chilean judge Juan Guzman, the man who oversaw an official investigation into the crimes of that country's military dictator Augusto Pinochet, who ruled from 1973 to 1990.

With his reputation as a safe and conservative jurist and a former Pinochet supporter, Guzman's 1998 appointment chagrined many critics of the old regime. But Guzman surprised everyone with his methodical research. He met



GRAND-SCALE SLEUTHING: Guzman spearheaded the Pinochet investigation.

with the families of victims and unearthed killing fields in remote caves and mountains, and even at the bottom of the ocean. He is seen

here with forensic experts exhuming the skeletal remains of an "accident" victim who clearly died as a result of a gun fired at close range.

The process became a wake-up call for Guzman and for other comfortable Chileans who remained blissfully ignorant as their government made many people "disappear."

The film offers a cautionary tale for Americans, too. Up until the coup that installed Pinochet on Sept. 11, 1973, Chile had a long history of democratic government.

The film begins and ends with scenes of rallies by fanatical supporters of the Pinochet, who died in 2006 before facing trial. None of the attitudes expressed by these angry thugs would seem out of place on American talk radio. KEVIN MCDONOUGH (UNITED FEATURE SYNDICATE)

JOIN THE ME'AH CONVERSATION...

Classes begin September 4

Me'ah is Hebrew College's innovative adult Jewish learning experience, now being offered in the DC area through the Partnership for Jewish Life and Learning.

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Classes begin September 4 at the Partnership for Jewish Life and Learning, 12230 Wilkins Avenue, Rockville, Maryland. The first-semester instructor is Dr. Erica Brown.

More Information

Lynne Arons
Partnership for Jewish Life and Learning
240-283-6229
larons@pjll.org

Elaine Eckstein
443-501-3105
eckstein@hebrewcollege.edu

hebrewcollege.edu/meah

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A Universal Worldliness

The Dandy Warhols' new CD uses melody to tell a trippy tale

WATCH the Dandies' rock doc "Dig!" and read a bonus Q&A at expressnightout.com

MUSIC | The Dandy Warhols are genuine rock stars abroad. Here, not so much.

Fifteen years into its career, the Portland, Ore., band is known mainly for its singles "Not If You Were the Last Junkie on Earth" and "Bohemian Like You" and its starring turn in the phenomenal film "Dig!," a 2004 Sundance winner and one of rock's great documentaries.

"... Earth to the Dandy Warhols ..." is the group's first album on its own label, Beat the World, and the band creates a deep, dense sonic haze that could have blown in from a debauched, funnier, lazier future — or, indeed, another plan-



SPACE CASE: The Dandy Warhols' atmospherics make this gear almost appropriate.

et entirely.

"This is a much more worldly record," said guitarist Peter Holmstrom. "It is definitely related to

[our 2000 album] "13 Tales," but it's more grown-up, with a bit of a worldview."

The melodically rich "... Earth"

brims with guitars, horns, string sounds, banjo and loads of synthesizers to create epically layered tracks that reward repeat listening. It's a fine collection that offers the band's customary twisted strolls through blue-eyed funk, country and alt-rock as well as many trips through psychedelia — past, present and future.

But Holmstrom says it's different in one major way: "Half the songs are old ideas that we have had floating around that we were waiting to finish," including three songs that were once-abandoned collaborations with British trip-hop pioneers Massive Attack.

The Dandies play the 9:30 Club on Sept. 22, which brings the group full circle with its first concert in the District.

"Our first show was in the basement of the old 9:30 Club," Holmstrom said. "There were about 12 people there." **TIM FOLLOS**

thescene



Musician and scientist Daniel Levitin appears at Politics & Prose tomorrow.

WEDNESDAY

Daniel Levitin: The neuroscientist examines our brains on music. Politics & Prose, 5015 Connecticut Ave. NW; 7 p.m., free; 202-364-1919. (Van Ness)

Peter Dinklage: The former Monkee goes it alone. Jammin' Java, 227 Maple Ave. E., Vienna; 8 p.m., \$15-\$20; 703-255-1566.

Gary Haleamau: Journey to the islands with the Hawaiian slack key guitarist. Kennedy Center, 2700 F St. NW; 6 p.m., free; 202-467-4600. (Foggy Bottom)

THURSDAY

Brew at the Zoo: Unlimited beer samples, food and live music anchor this fundraiser. The National Zoo, 3001 Connecticut Ave. NW; 6 p.m., \$55, 202-633-3026. (Woodley Park/Zoo)

Squeeze: New wave revival rock. 9:30 Club, 815 V St. NW; 7:30 p.m., \$45; 202-265-0930. (U St.-Cardozo)

Phillips After 5: For the last time this summer, jazz, a cash bar and tours. The Phillips Collection, 1600 21st St. NW; 5 p.m., \$12; 202-387-2151. (Dupont Circle)

FRIDAY

Young Jeezy: The Atlanta rapper with a mellow flow. H2O, 800 Water St. SW; 8 p.m., \$15-\$24; 202-484-6300. (Waterfront-SEU)

Ben's Chili Bowl Block Party: Music and games outside the landmark. Ben's Chili Bowl, 1213 U St. NW; 10:30 a.m., free; 202-667-0909. (U St.-Cardozo)

Once Okay Twice: Local indie rockers with soul. Rock and Roll Hotel, 1353 H St. NE; 8:30 p.m., \$10; 202-388-7625.

Explore our searchable list of the area's events, venues, restaurants and movies at expressnightout.com/thescene.

topstops



Find Her In the Club

Georgetown wasn't always the hub of white snobbery it is today — just ask local author Breena Clarke. The Washington native and Howard U grad is at Politics & Prose tonight to discuss her new book (her second set on the cobblestone streets of old), "Stand the Storm." Her 1999 novel, "River, Cross My Heart," was (and forgive me for mentioning it, but it's kind of a big deal), inducted into America's library, aka Oprah's Book Club. That's high praise in these United States. Check her out to gain a little historical perspective on the city you live in or near. **K.E.**

→ Politics & Prose, 5015 Connecticut Ave. NW; 7 p.m., free; 202-364-1919. (Van Ness-UDC)



Skeletons Out of the Closet

"Maria/Stuart" will almost certainly make you say to yourself, "Hey, my family was not that bad." Even if your dad gave your Rottweiler puppy to a farm family without telling you, at least your home life probably didn't include a messy Teutonic shapeshifter who tries to reveal all of the family's dark secrets. The Pay What You Can Preview is tonight; you can see the show through Sept. 14, but you'll pay \$24 to \$57. **F.Z.**

→ Woolly Mammoth Theater, 641 D St. NW; 8 p.m., pay what you can; 202-393-3939. (Gallery Place)



Rock 'n' Roll Fairy Tale

Once upon time, there were two brothers named Joel and Benji Madden.

They were twins, and they were in a band called Good Charlotte, and everyone said, "Oh, how lovely two brothers are, with their greasy baseball caps and their tattoo sleeves." Then Joel started dating a famously emaciated socialite, and they had a cute baby. And his brother Benji, who was always the bad boy, dated the emaciated socialite's best friend, another emaciated socialite. And then they went on tour and came to Washington D.C. And the boys lived happily ever after. **F.Z.**

→ 9:30 Club, 815 V St. NW; 7 p.m., \$25; 202-265-0930. (U St.-Cardozo)

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Faircrest—\$750.00, 2 br, 1 ba, Utils incl.,3rd lvl of twnhse, n/p, n/s, nr 66/28/29 & pblic trans,301-806-4517

Herndon/Sterling— \$550 incl util, male, n/s to shr furnished rm w/cble in 4BR SFH, no lease. 703-508-2722

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Silver Spring—1 Rm avl. Apt to shr, ba/kit. Prof M. Near Ride On/Metro. \$500 everything included + 1month deposit. 202-445-3264

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Temple Hills— \$155,175, NEAR METRO, CABLE,FURN,CAP, HGTS,TEMPLE HILL,301-437-6369

Triangle—2Rms for rent, 1 huge rm, at \$599, the other R m \$499. All Util incl. **Please Call 703-898-4852**

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BUICK 1990 REATTA convertible, red w/tan top, pwr seats, tan lthr int., a/c, CD chgr, 90,000 mi., new top, exc. cond., \$6600. 703-237-9018

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Honda 1997 Civic — LX, \$5,500, Garage-Maintained cond, 48k, Blue/Gray, 4 dr, ABS, PL, new tires, single senior owner 703-243-1189

Hyundai 1996 Elantra — GLS, \$2600 obo, Good cond, 57k mi, Navigation(Garmin Street Pilot 330), Gray int, Burgundy ext, 5 dr, 703-955-0970

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LINCOLN 2004 TOWN CAR EXECUTIVE L, — Excel cond. 138k mi, Black, \$12,000/OBO. Call **240-691-3858**

Mercedes-Benz 2006 M-Class — ML350, 2006 \$30,000, Excellent/Mint cond, 40k mi, under warranty, Nav-Sys, Black int, Bkck ext, 5 dr, Loaded, Cust Tinted Windows, All dealer mtc, 202-365-8474

Nissan 2006 350Z — COVERTIBLE Enthusiast, \$22,900, Excellent cond, 22k mi, Gray int, Red ext, 2 dr, 571-228-9408

Nissan 1997 Maxima — GLE, \$3,600.00, Good cond, 120K, Tan int, Black ext, 4 dr, Lthr Int, Cass, CD, PL, airbag driver, 240-672-3267

Porsche 1957 356 — Speedster made by BECK. \$27,900.00, EC replica, 1600cc, 85hp, 28 mi, Green/Tan, Lthr, Manual, 757-898-1200

Toyota 2005 Prius — \$20500, Excellent cond, 53k mi, 50+ mpg, White, ABS, alarm, CD, new tires, owner going overseas, 571-251-8483

Toyota 1998 Camry — LE, RUNS WELL, 156k mi, 4 dr, 27/30 MPG twn/hwy, VA insp, abs, cd, airbags, \$4199, perfect commuter, 703-913-5461

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LOOK out

*TRENDS, CULTURE, DISCOVERIES, IDEAS, PEOPLE

Culture

China's famed leader remains ubiquitous in Beijing's markets

It's a solemn walk through Chairman Mao Memorial Hall in Beijing, with visitors leaving flowers in front of a massive statue, soldiers making sure everyone removes their hats and remains quiet.

Around the corner in the mausoleum, four guards stand at attention behind glass walls, watching over the chairman's entombed body inside a glass-covered casket.

That's where the reverence ends.

The exit of Mao Zedong's tomb takes you through a massive gift shop — the officially licensed store of Mao? — and another opportunity for Mao keepsakes is available in ticket booths on both sides of the walkway outside.

And, in case you couldn't find exactly what you wanted, there's a last-chance Mao trailer featuring choices of cigarette lighters, plates and glasses in the likeness of young Mao or old Mao. The only thing missing is bloated Mao — sporting sideburns, of course — in Vegas on velvet.

Add a Mao-go-round or Mad Mao coaster on Tiananmen Square and it could be Mao Land instead of Mao's Tomb.

I know the guy looks like he could be a wax figure lying in a ghostly state under that glass, but give him break — I doubt he intended to become a quirky cultural icon when he died 32 years ago.

Sadly, that's what it's come to. The leader of the People's Republic of China from 1949 to 1976, Mao has become the king of kitsch, his likeness appearing on everything from key chains and T-shirts to contemporary art.

The Chinese government has

told its people not to capitalize on Mao's likeness, but the Chairman is just too bankable.

That's apparent at Beijing's Panjuayuan, or Dirt (cheap) Market, where a recent visit unearthed a plethora of Mao mementos.

There were Mao watches that stop working as soon as you set foot outside the market — believe me, I know — decks of Mao playing cards, Mao alarm clocks that ring randomly. For the distinguished Mao connoisseur, there were Mao figurines for the mantel, bronzed Maos for the coffee table and Mao dinner plates for those special occasions.

Need a light? Mao has your back with his own line of cigarette lighters, including flip-up silver and gold ones that come with a case and little bottles of extra fluid.

The Mao valentine — Mao-entine? — is great for that special someone, and the Mao refrigerator

Need a light?
Mao has your back with his own line of lighters.

magnets were a big hit with the AP crew. The Mao knapsack probably would have come in handy to carry our haul, too.

And, of course, there were plenty of copies of Mao's Little Red Book. Once mandatory for membership in the Communist Party, books of Mao quotations are now souvenirs that tourists buy for their friends as a joke.

The vendors clearly know Mao's appeal, yelling out his name with every glance at something with the chairman's image.

It's Mao-palooza!

Merchandising of Mao isn't just limited to the markets. He's a big player in Chinese art culture, too.

The 798 Art District in central Beijing has numerous galleries with

INSIDE

America loves its America | 30



Discussions: U.S.-Pakistan relations | 28

Blog Log: Adams Morgan is gross | 28



READY FOR HIS CLOSE-UP: A woman sits next to a Mao replica at a souvenir shop in Qinhuangdao, China, an Olympic venue.

Market for Mao

Mao works, including a 30-foot version of his outstretched arm apparently broken off a statue. There are also paintings portraying the Chairman in various scenarios.

Mao has cache in the entertainment world, as well. There's a stable of lookalikes who regularly portray him

Books of Mao quotations are now souvenirs that tourists buy as a joke.

in movies and on TV, and a group of lesser-known Chairman impersonators who show up at grocery store openings and beauty pageants.

Yes, Mao has become a mall Santa.

This is a man who led the world's most populous nation for decades, transforming it into a major power.

So, how do they repay him? By wrapping up in Mao blankets and sipping tea from Mao cups while putting out their cigarettes in Mao ashtrays. JOHN MARSHALL (AP)



Pins featuring Chairman Mao Zedong are on display at a market in Beijing, China.

LOOK out Online

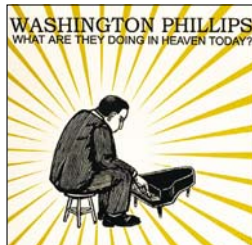
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CD REVIEW

My So-Called Life

In middle school, Meg Zamula memorized Juliana Hatfield's "Hey Babe" album because of its generalized angst—but she had forsaken her by high school. Sixteen years later, Hatfield has a new album ("How to Walk Away"), and Zamula asks, "Has either one of us grown up?" | [ONLINE NOW](#)



MUSIC

Mighty Mississippi

Mississippi Records is a small, independent label that has been reissuing vinyl-only compilations of obscure but first-rate music from around the world, from '70s Thai orchestral to Scottish anarchy punk and beyond. Paul Vivari spotlights four of the label's most popular gospel and blues releases. | [ONLINE NOW](#)

FILM

Dig It!

You might have already read the Dandy Warhols profile on the Express Night Out page in the Entertainment section, but log on to the Web site to read more of Tim Follos' interview with guitarist Peter Holmstrom—and to watch the entire "Dig!" documentary for free. | [ONLINE NOW](#)



comment board

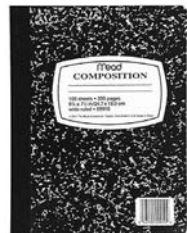
“Willing? Sure.

Intending to? No way. This is nothing specific to D.C. public schools but more the public school system in general.”

COMMENTER FILI-HOME, WHO ADDED, “I’D MUCH RATHER HOMESCHOOL MY CHILDREN SO THEY CAN LEARN THE TRUTH.”

“I think English composition and algebra are hard enough on their own without the threat of being hit by a stray (or intentional) bullet looming over a kid’s head.”

COMMENTER C. COOPER, WHO ADDED, “I WOULDN’T HAVE LIFE INSURANCE ON MY CHILDREN.”



“I’d be willing to send my son to D.C. public schools if I could ensure the exact school he goes to. A waiting list with the possibility of going somewhere less desirable is tantamount to sabotage.”

COMMENTER WAS BUF. NOW WAS., RESPONDING TO MONDAY’S POLL CENTER QUESTION, “WOULD YOU BE WILLING TO SEND YOUR CHILDREN TO D.C. PUBLIC SCHOOLS?”

poll center

YESTERDAY’S RESULTS AS OF 5 P.M.

WOULD YOU BE WILLING TO SEND YOUR CHILDREN TO D.C. PUBLIC SCHOOLS?

NO 83%

YES 17%

SEE HOW YOUR METRO STATION VOTED AT [EXPRESSNIGHTOUT.COM/POLLCENTER](#)

Blog LOG

“Adams Morgan deserves its reputation. It really is just as bad as everyone says. It’s the ‘Howard the Duck’ of nightlife districts.”

SHANNONSTAMEY.BLOGSPOT.COM, DOESN’T WANT TO FIND HERSELF ON “THE ICKY STRIP” EVER AGAIN AFTER SATURDAY, ADDING, “IT’S VILE, GRUESOME, GROTESQUE AND HORRIBLE.”



MERIE WESMILLER WALLACE/PARAMOUNT PICTURES/AP

“Well, it was neither that funny nor that bad. Problematic racial and disability ickiness aside, it was all right.”

DCMOVIEGIRL.BLOGSPOT.COM SAW “TROPIC THUNDER,” ADDING, “I CAN ALREADY SEE MANY A COLLEGE GUY DOING HIS BEST ‘BLACK DOWNEY JR.’ AND ‘SIMPLE JACK’ IMPERSONATIONS. YUCK.”



Discussions

Pervez Musharraf

KARIN VON HIPPLE, co-director of the Post-Conflict Reconstruction Project and senior fellow at the Center for Strategic and International Studies, was online Monday to discuss what effect Pervez Musharraf’s resignation will have on U.S.-Pakistan relations.

Why now? After Bhutto’s assassination late last year, Musharraf seemed to have a strong hold on Pakistan — then everything seemed to unravel. What was the crucial turning point?

In addition to Bhutto’s assassination, the real turning point was the February Parliamentary elections. Pakistanis overwhelmingly supported democracy and voted



President Pervez Musharraf resigned on Monday after nine years in power.

against military rule. After that, Musharraf began to move away from politics, while the new army chief indicated that the military would pull out of politics.

Who are the likely candidates to replace Musharraf?

There’s an expanding list of candidates, ranging from two of Asif Ali Zardari’s sisters to AQ Khan

“THE PHRASE ‘we’re living like college students’ [doesn’t] really hold true anymore, considering all the nice housing options local universities have been building lately. These ‘dorms’ look nicer than most luxury apartment buildings in the area.”

DCMETROCENTRIC.COM IS AMAZED BY THE ACCOMMODATIONS OF THE STAR VIEW IN COLLEGE PARK, A LUXURY LOW-RISE DESIGNED TO HOUSE 550 STUDENTS.

“To someone worth \$100 million — who owns 10 houses, flies around in a \$12.6 million corporate jet, and walks around in \$520 loafers — \$5 million a year in income is the cutoff for the wealthy.”

MYDD.COM, THE LEFT-LEANING BLOG WAS SURPRISED BY JOHN MCCAIN’S ANSWER WHEN ASKED BY THE PRESS WHAT HIS DEFINITION OF “RICH” IS FOR AN AMERICAN.

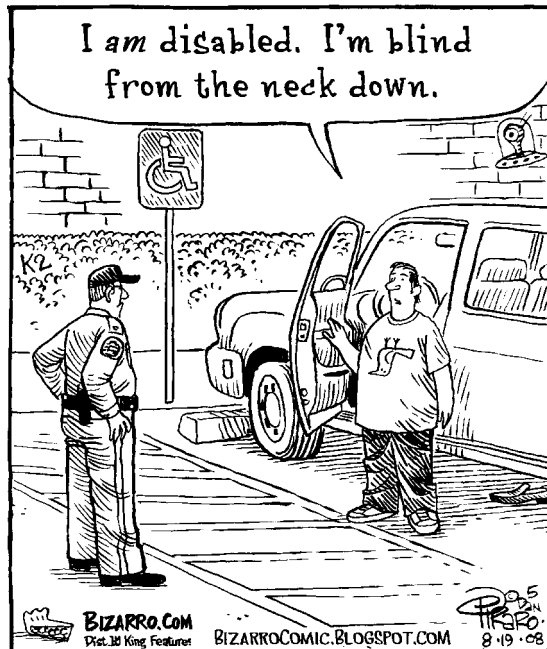
(if you can believe it). More plausible candidates include Afsandiyar Wali Khan, the head of the Awami National Party, and several candidates from Balochistan.

How would you term U.S. relations with Pakistan: based on respect, power and sympathy; or based on statesmanship in which only U.S. interests are safeguarded?

The relationship has gone through ups and downs over the past few decades. I am hopeful that it will now evolve into a more positive relationship — one in which the U.S. government partners with the Pakistani people, rather than parts of the government such as the military or the president.

TODAY ON DISCUSSIONS:
Dave Sheinin is online from Beijing to field your questions and comments about the Olympic Games at 2 pm. | [washingtonpost.com/discussions](#).

Bizarro | Dan Piraro



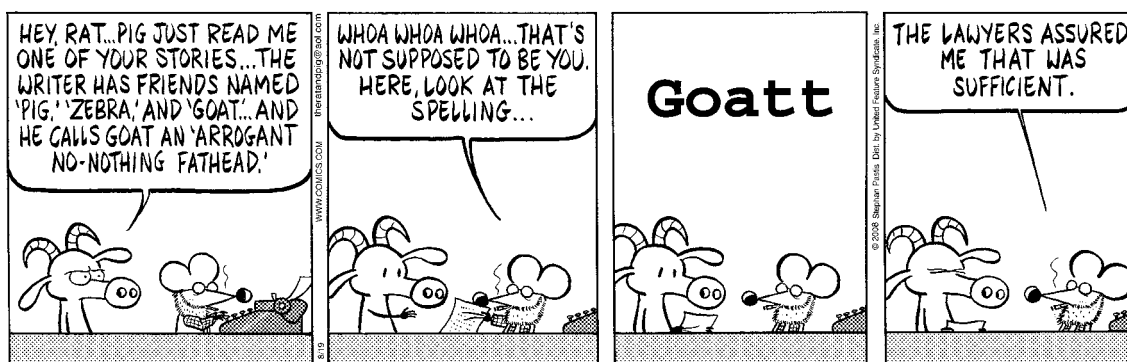
Cornered | Mike Baldwin



Pooch Cafe | Paul Gilligan



Pearls Before Swine | Stephan Pastis



The Duplex | Glenn McCoy



Horoscope

By Stella Wilder

LEO (July 23-Aug. 22) Look to past experiences for the answers you most need. Further self-knowledge will open doors for you financially and personally.

VIRGO (Aug. 23-Sept. 22) Take advantage of those communication lines that you've been so proud of lately. It's important that you talk about what's bothering you.

LIBRA (Sept. 23-Oct. 22) The focus is likely to fall upon your domestic situation; be willing to tell it like it is when you are asked.

SCORPIO (Oct. 23-Nov. 21) You may be feeling emotionally shaky. Find solace in time spent with loved ones—and never think you're asking too much.

SAGITTARIUS (Nov. 22-Dec. 21) Accept any gifts you are offered in a sincere and gracious manner. Now is no time to ask questions about positive developments.

CAPRICORN (Dec. 22-Jan. 19) Changes on the home front must not be feared. See

whether you can't lead the way, rather than follow with doubt and uncertainty.

AQUARIUS (Jan. 20-Feb. 18) Don't be overly concerned with outward appearances. Look beneath the surface, read between the lines and dig deeper for answers.

PISCES (Feb. 19-March 20) It's impossible for you to fit in everything you want to accomplish; you have only so much time at your disposal. Be clever; consolidate.

ARIES (March 21-April 19) Resist the urge to show off. Your attributes and merits will shine in a subtle and far more effective way if you play it cool.

TAURUS (April 20-May 20) Discretion being the better part of valor, you should know when to reveal certain information, and when to keep it to yourself.

GEMINI (May 21-June 20) Don't try to make too many plans for others; focus more squarely on your own independent activities. Do yourself a good turn.

CANCER (June 21-July 22) It's time to set your mind on higher goals; you've been holding yourself back simply because you haven't set your sights high enough.

Letters

Congress Ignores Ecosystem

REGARDING THE ARTICLE, "Health of Oceans in Jeopardy" (Aug. 15), I believe this is a very real issue, with the hundreds of dead zones that have doubled over the past two years, and it will continue to grow without intervention. These dead zones will have an adverse impact

not only on our ecosystem but also on our already strained food supplies. Unfortunately, an even bigger dead zone seems to exist on Capitol Hill, where Congress is failing to take any significant action to stem the tide. Improving our ecosystem can be cost-beneficial in the long run, can improve our quality of life and can improve our security by reducing our dependence on foreign oil.

—GREG CRANSTON
Rockville, Md.

WRITE TO EXPRESS: Include name, hometown and telephone number. Submissions may be edited. E-mail to inbox@readexpress.com or mail to Express Letters, PO Box 17370, Arlington, VA 22216.

Today in History

1812 The USS Constitution defeats the British frigate Guerriere off Nova Scotia during the War of 1812.

1929 The radiocomedy program "Amos 'n' Andy," starring Freeman Gosden and Charles Correll, debuts on the NBC Blue Network.

1991 Soviet hard-liners announce to a shocked world that President Mikhail S. Gorbachev has been removed from power. (The coup collapsed two days later.)



Mikhail Gorbachev was ousted in 1991.

2007 Hurricane Dean, which had already killed eight people on its destructive march across the Caribbean, pummels Jamaica with gusting winds and torrential rains as a Category 4 storm.

LOOK

out

People



NKOTB has claimed its first victims.

HARBINGERS

NKOTB Reunion Tour Destroys First Marriage

DONNIE WAHLBERG and his wife are calling it quits after nearly nine years of marriage. Wahlberg and Kim Fey Wahlberg each filed for divorce last Wednesday in separate counties in the Los Angeles area. They have two sons, ages 15 and 7. (AP)

OBSTACLES

Fans: Does This Make Him Cuter or SUPER-Cuter?



DANIEL RADCLIFFE, star of the “Harry Potter” films, suffers dyspraxia, a neurological disorder that can impair coordination. He announced the diagnosis this week while publicizing his Broadway debut in “Equus.” (EXPRESS)

star of the “Harry Potter” films, suffers dyspraxia, a neurological disorder that can impair coordination. He announced the diagnosis this week while publicizing his Broadway debut in “Equus.” (EXPRESS)



RELATIONSHIPS

Ringed Belle?

HILARY DUFF launched rabid speculation about her relationship status when was seen wearing a ring on her wedding finger, E! reported. She was spotted with the item in question while dining out Friday in Los Angeles with her boyfriend, pro-hockey player Mike Comrie. Duff’s representatives did not comment on the rumors. The singer-actress turns 21 in September. (EXPRESS)



CRUTCHES?

Singer Knows Nothing About Pirates

ANNIE LENNOX is recovering at her London home after having spinal surgery to release an impinged nerve, according to her representatives. The singer-songwriter underwent an operation Friday following a painful back spasm while attend-

Neighborhood preschoolers are merely confused.

ing an international AIDS conference. Lennox, 53, has blogged about her situation on her Web site.

She joked: “I’m going to have to get myself a crutch and a parrot, so I can fob myself off as a pirate and scare the neighborhood preschoolers! Just kidding folks!” (AP)

INSURANCE

Aging Man Values Career Security Over Challenges

“CSI: Crime Scene Investigation” has solved the mystery of who will replace departing CBS series star William Petersen: It’s **LAURENCE FISHBURNE**. Fishburne, an Emmy and Tony winner, will be introduced in



the ninth episode of the upcoming 10th season. He’ll play a forensics scientist with a secret. “I am elated and delighted to be joining the cast of ‘CSI,’” Fishburne said in a statement. (AP)

HONORS

I’m Proud to Be an America

“Ugly Betty” star **AMERICA FERRERA** took top honors at the ALMA Awards, which recognizes Hispanic artists. Ferrera was named entertainer of the year for her on-screen work as Betty Suarez and her off-screen efforts to encourage young people to get involved in the political process. (AP)

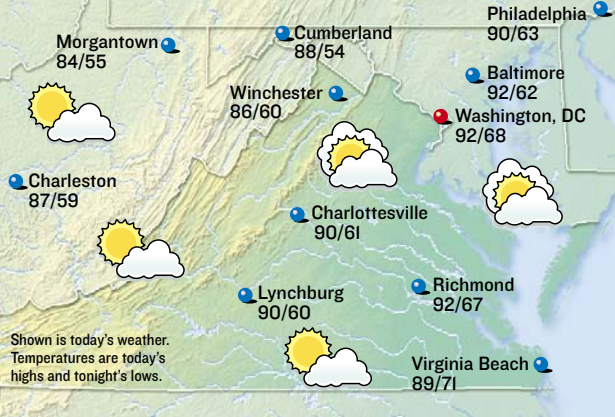


And she at least she knows she’s free.

5 Day Forecast for the Washington Area

Today	Tonight	Wednesday	Thursday	Friday	Saturday
Partly sunny, hot and more humid	Patched clouds	Partly sunny	Times of sun and clouds	Partly sunny	Partly sunny
92°	68°	83° / 66°	85° / 71°	86° / 70°	87° / 72°

Regional Weather



Forecasts and graphics provided by AccuWeather, Inc. ©2008

Almanac

Washington, D.C., through 4 p.m. Mon.

Temperature

High 91°

Low 69°

Normal high 86°

Normal low 69°

Average humidity 51%

Precipitation

24 hours ending 4 p.m. 0.00"

Month to date 0.56"

Normal month to date 1.98"

Year to date 32.88"

Last year to date 18.13"

Normal year to date 24.91"

For up-to-the-minute weather, see: washingtontimes.com/weather

Regional Forecast

D.C. Metro: Today, partly sunny. High 92. Wind northwest 6-12 mph. Tonight, partly cloudy. Low 68. Wind northeast 7-14 mph.

Sun and Moon

Sunrise today 6:26 a.m.

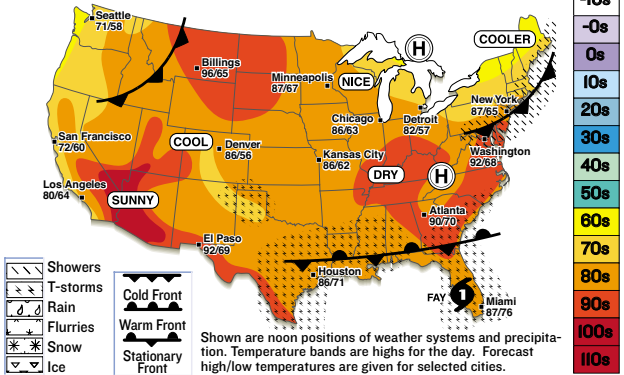
Sunset tonight 7:57 p.m.

Moonrise today 9:11 p.m.

Moonset today 9:17 a.m.



National Weather for Tuesday, August 19



National Cities

City	Today	Wed.
Atlanta	90/70/pc	86/70/t
Boston	78/57/t	76/60/s
Chicago	86/63/pc	86/64/pc
Dallas	82/68/t	84/70/t
Denver	86/56/s	88/58/pc
Honolulu	89/76/s	89/74/s
Los Angeles	80/64/pc	80/64/pc
Miami	87/76/r	89/76/t
New York City	87/65/pc	80/65/s
Orlando	88/76/r	88/75/t
Seattle	71/58/c	67/55/r

World Cities

City	Today	Wed.
Amsterdam	66/52/c	66/52/sh
Athens	93/75/s	93/75/s
Berlin	79/59/c	73/57/sh
Buenos Aires	55/46/r	55/43/r
Calgary	78/54/t	67/47/c
Dublin	64/52/pc	63/50/pc
Geneva	73/55/t	74/56/pc
Moscow	73/54/t	79/61/s
Rome	86/63/s	86/64/s
Sydney	61/45/s	66/46/pc
Tokyo	88/73/pc	84/74/pc

s-sunny, pc-partly cloudy, c-cloudy, sh-showers, t-thunderstorms, r-rain, sf-snow flurries, sn-snow, i-ice.

LOOKout

CROSSWORD | WOMEN'S WEAR

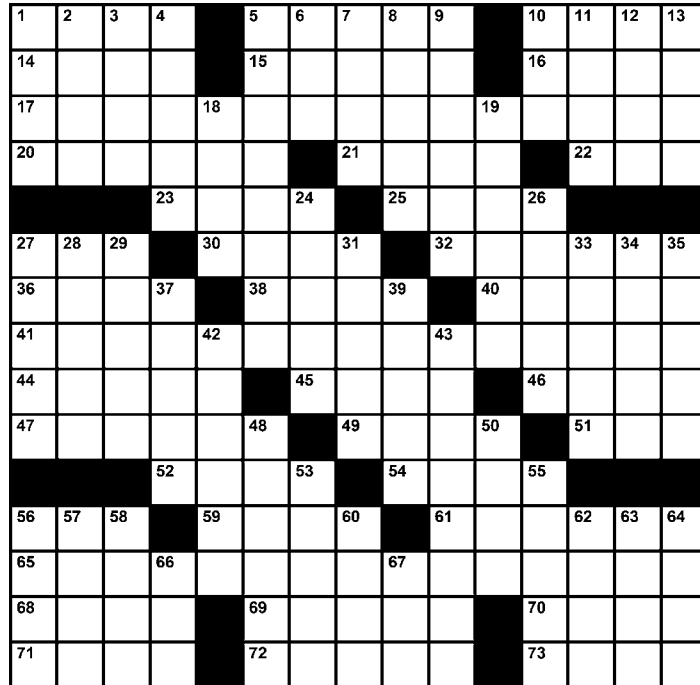
ACROSS

1 Home to the Osmonds
5 Football factory worker
10 Six-legged scurriers
14 Airtight tower
15 One way to avoid the altar
16 St. John's ____ (herbal remedy)
17 Inadvertent remark
20 Consequence
21 "The Odd Couple" playwright Simon
22 Quiet place?
23 Alka Seltzer sound
25 Agitation
27 Magazine money-makers
30 Big name in cosmetics
32 Assert positively
36 Teeny amount
38 "The Chalk Garden" playwright Bagnold
40 Orange-skinned Muppet
41 Shows very few come to see
44 "had a farm, ____" (song refrain)
45 Shade's stopping point
46 Uvea part
47 Gidget portrayer
49 Squirrel support
51 ____ West (inflatable life jacket)
52 Raison d'____
54 Fine sand
56 Copyright concern
59 Architect Saarinen
61 Deceptions
65 Do a chore on board

68 They make a lot of calls
69 Legal
70 Cultural input?
71 Words from Fat Albert
72 Kind of aircraft
73 Boor

DOWN

1 '84 Olympics boycotter
2 One of 100 in Scrabble
3 Actress MacGraw et al.
4 "Jump into Mommy's lap!"
5 Lunch item, sometimes
6 Computer key
7 McCarthy lawyer Roy
8 Pointless weapons
9 Blind spot's location
10 Bristle
11 Holiday rum drinks
12 Answer to some test questions
13 "Let it stand"
18 Casa cookware
19 Master Twist
24 Johnnycake relatives
26 Bodily trunks
27 Some West Wing workers
28 Andrea ____ (sunken passenger ship)
29 "Serenade" painter Jan
31 ____ dicit (legal refusal)
33 Relieve of weapons
34 Eyelashes

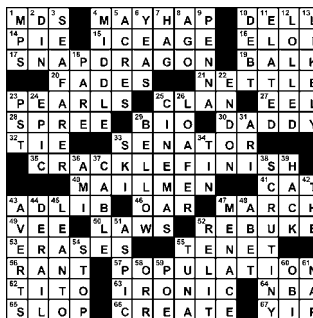


EDITED BY TIMOTHY E. PARKER

35 Wiesbaden is its capital
37 Actor's line to the audience
39 Places to get knishes and salami
42 Put in ascending order, e.g.
43 All-powerful
48 Part of the iris surrounding the pupil (Var.)
50 Color of some streaks
53 Rommel known as the Desert Fox

55 Kind of wave
56 Curt turn down
57 Unspecified number
58 Get a glimpse of
60 Fairy tale starter
62 Big name in building-block toys
63 Unflashy color
64 "Saturday Night Live" offering
66 Curvy letter
67 "Tiny" one created by Dickens

Yesterday's Solution



SUDOKU | MEDIUM

Fill in the boxes so each row, column and 3-by-3 square includes the digits 1 through 9. See www.sudoku.com for solution, tips and computer program.

Need more Su/doku?

Find another Sudoku puzzle in the Comics section of the Post every Sunday and in the Style section Monday through Saturday.

Yesterday's Solution

8	7	5	6	4	1	9	2	3
4	9	3	5	8	2	1	6	7
2	1	6	7	9	3	5	8	4
7	2	1	8	6	5	4	3	9
3	8	9	4	2	7	6	5	1
5	6	4	1	3	9	8	7	2
6	3	7	9	1	8	2	4	5
9	4	2	3	5	6	7	1	8
1	5	8	2	7	4	3	9	6

3			8	5		9		4
2								
	4	1				2		
					9			
	6		2		4		8	
			3					
		8				7	4	
								3
7		4		1	3			9

© PUZZLES BY PAPPOCOM

express

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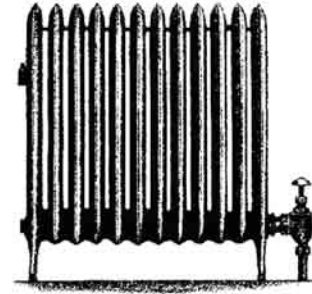
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Contact improv is more than rolling on the ground **E5**



E3 Mist your face with a spray can designed by James Blake



Benefits of exercise go up in smoke if you keep puffing **E7**

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GOT ISSUES? DR. ANDREA BONIOR WILL HELP YOU SORT THEM OUT

My Boyfriend Is Erratic, Lazy And Alcoholic

Q My boyfriend of a year and a half is a maintenance alcoholic, and though I would like him to stop drinking, he doesn't feel he can, at least not now. A few nights ago, we were out and we ran into a guy who knows an old female friend of my boyfriend's from high school who he hasn't seen in years. All of a sudden, yesterday, in his drunken stupor, he tells me that he wants to see other people, but really just that he wants to go out with this girl, but he doesn't want to break up with me. He insists it isn't cheating if I know about it. I put up with a lot, and he knows it. I put up with his drinking and his wanting to go to bars all the time instead of helping me around the house when I need it. He can be worse than a child in that respect sometimes. I just don't know what to do. We have a huge investment in the house we bought together. I love him a great deal, and I do truly know that he loves me. I think it's a phase that may go away in a few days. I just need some outside perspective. — **CONFUSED**

First, an unalienable truth: A mortgage is not a reason to stay in a dysfunctional relationship.

Moreover, alcoholism itself is not a phase, so even if one aspect of his dysfunctional behavior goes, another will take its place. I'm afraid that either way you look at this — whether your boyfriend's drinking has made him latch onto some awful idea he doesn't really want, or he actually does want to start seeing another woman — you have a serious problem on your hands.

You are right in that his long-term prognosis will be much better if he stops drinking for himself. But there's an important question underneath there: Where does that leave you? Waiting for a loved one to make that choice can be arduous under the best of circumstances, but when it's accompanied by said loved one wanting to love yet another one, you have the makings of an absolute disaster.



ERIC REECE

You might not want to hear this, but I'd really urge counseling to help illuminate the "you" in all of this. You're listing all the things overshadowing your best interests here — his drinking, some girl you've never met, even your mortgage. I beg of you to at least take an hour a week for yourself to get help in choosing your best path — a path that, sadly, I'm guessing, might involve some independence.

Looking for Mrs. Esteem

It seems that virtually every woman has low or non-existent self-esteem. It makes having relationships with them impossible and causes them to seek out abusive jerk types or other men who can't have successful relationships, then subject other guys to their baggage. My last ex had a thing for destroying any relationship that might work

Q out. It seems to happen with all of my friends. Contrary to popular opinion, there are many, many more men that want stable and committed relationships than there are women who are willing to provide them. Is there any place where women with high self-esteem hang out? How do you find one? — **FRUSTRATED**

I'll get to your question in a moment, but first: Does my typing make me look fat?

Actually, I don't know where to begin. I understand you've been

hurt, but I have a hard time with your generalizations about "virtually every woman." That's not exactly scientifically sound, with your sample size of what, one zillionth of the population? It makes me doubt that you're giving any woman a real chance and makes me think that, at the very least, you are seeking out and reinterpreting situations to confirm your beliefs.

No, there's no secret hideout for women with high self-esteem. But, honestly, such women might be unlikely to be drawn to someone who tends to take such an intolerant view of their entire gender. I get your frustration, but I'd highly urge you to take some time to cultivate

"No, there's no secret hideout for women with high self-esteem."

real friendships with real women — family members, co-workers, neighbors — to help take away some of your bitterness. That's the only way I can possibly see your being open enough to recognize a solidly esteemed woman — and treat her as an individual, not a stereotype — once you find her.



Send your mental health and emotional wellness questions to Andrea Bonior, Ph.D., at baggage@readexpress.com. This column is not a substitute for one-on-one care.



NEW
IN HEALTH
**warm
ups**



PLAY IT BY EAR

Earwax woes can't be cured with a Q-tip digging mission. Instead, try a spritz of EARinse (\$10, Walgreens.com), a formula based on water from the Atlantic Ocean that softens the yellow-brown muck. We're still bigger fans of Debrox (it fizzes!), but this seems to help fight buildup, too.



SPRAY TO GO

Of all of the celebrity-"designed" products ever, we're most dubious of the idea that James Blake conceived the can for a version of Evian's Brumisateur facial spray (\$5.50, Shopevian.com). But the pink tennis balls are cute, and it'll certainly help you keep your cool on the court.



BACTERIA BAR

No fridge at work? No problem. You can still fill your tummy with probiotics — those live active cultures usually found in yogurt — by downing LiveActive granola bars (\$3.59). Living things in a shelf-stable snack may sound creepy, but peanut buttery goodness will win you over.



BEDTIME STORY

In between testimonials about the powers of lubricant and descriptions of naughty bedroom toys, Patty Brisben's "Pure Romance Between the Sheets" (\$24, Atria) offers some medical nuggets (sleep deprivation = orgasm woes) and an easy-to-follow explanation of female sexuality.

GUINEA PIG



Rock and Chill

■ In wintertime, some people enjoy emerging from a toasty house in little clothing, rolling around in the snow, and running back inside for freshly made s'mores. While there are no proven medical benefits, a quick jolt of the senses can be refreshing and relaxing.

What if you could get this feeling at a spa (sans s'mores)? The Spa at Sports Club/LA's (1170 22nd St. NW; 202-974-6600) latest treatment, Cold Stone Therapy, mixes hot and cold rocks in an all-over body massage. First, a heated stone is massaged into a spot with peppermint oil and then a very cold stone follows the same route. At first, it's a little jarring. But after a couple minutes, you start to enjoy it. Be sure to mention any aches (in this case, a swollen ankle from a lopsided Dupont sidewalk) so the masseuse can focus on the problem area.

Does the therapy, as claimed, eliminate toxins through the lymph system by stimulating the nervous system and increasing blood supply? We couldn't tell you without a medical degree. But for a unique massage, these cold stones are worth a try. ROBYN MINCHER



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TRAILBLAZER



PHOTO COURTESY OF DAVID CRANOR

Biking Around The Borderline

■ David Cranor faced a conundrum. The idea was to take the state-spanning rides held in Virginia and Maryland and apply the concept to D.C. Too bad pedaling across the city, he says, “is more of a sprint than a weeklong ride.” But that got his wheels turning. “What if you tried to ride around D.C., but only on the actual border?” he mused.

That’s how **WASHCYCLE’S ANNUAL GREAT BICYCLE RIDE AROUND DC** (WAGBRAD) was born. Cranor — who writes popular D.C.-area blog the WashCycle (Thewashcycle.com) — has been covering local cycling since he created the site in September 2005. Topics range from bike parking at Wolf Trap to debates about cycling safety. Yet WAGBRAD is the first public bike ride the 36-year-old NASA employee has planned.

The 47.3-mile trip starts at the Jones Point Lighthouse in Alexandria at 8 a.m. Saturday and will follow the District’s boundary markers from start to finish. Cranor estimates it will take four and a half hours (there’s a stop in Rock Creek Park for lunch — bring your own food). “I’ll be surprised if a half-dozen make it all the way to the end,” he says. Sounds like a challenge, Washingtonians.

KRIS CORONADO (EXPRESS)

ON THE WEB

Three local bike-centric blogs:

- Gwadzilla (Gwadzilla.blogspot.com)
- Wrench in the Gears (Wrenchinthegears.blogspot.com)
- FABB Blog (Fabb-bikes.org/blog/blog.html)

Get Busy With Summer Lovin’

Five active ways to make the most of these last lazy days of August

Interns have fled town, three-ring binders are on store shelves and an evening on a roof deck might require — egad! — a sweater. But don’t just let summer slip away. Washington still has a few weeks of flip-flopping, shoulder-baring weather ahead, and we have five ideas about how to enjoy them.

1 Om Outdoors

Who needs a special room for Bikram yoga when D.C. in August means you can enjoy a super-sweaty practice in the open air? Grab your mat and head to Dupont Circle (that’s right, the actual circle) tomorrow at 6 p.m. for Lululemon’s free weekly yoga series — it’s running every Wednesday through the end of September.

And Even Keel, a local yoga clothing line, is offering a free class in Rock Creek Park (with the help of Flow Yoga, Studio Serenity and Quiet Mind Yoga) in the grassy area off of Calvert Street this Saturday at 10:30 a.m. There’s another one slated for Sept. 28.

→ For more info see Lululemon.com/washington/georgetownstore and Evenkeelyoga.com/classes.

2 Make a Splash

You are destined to end up at Fletcher’s Boathouse — otherwise, why would both the C&O Canal and the Capital Crescent Trail lead to the cozy cove? (So does Canal Road, if you take the lazy option and decide to drive rather than hike or bike.) Rent a rowboat, kayak or canoe (\$8-\$11 per hour), drop in a fishing line (licenses are \$10 for D.C. residents and \$13 for everyone else), or



DOMINIC BRACCOUIT

ROLL WITH IT: So many bikes, so many possibilities. Pick up wheels in Foggy Bottom, and head over to Fletcher’s Boathouse.



MARK GAULT

ROUND ABOUT: Riding a carousel isn’t exercise, so get your dancing shoes ready.

just enjoy a leisurely picnic.

→ For more info, see Fletcherscove.com and Riverriders.com.

3 Behold Beauty

You could go to the Phillips Collection and see a Monet, or you could head to Kenilworth Aquatic Gardens and feel like you’re in one.

The marshy section of Anacostia Park boasts 12 acres of ponds dotted with flowers. Meandering about the trails and taking a gander at birds is always a favorite activity, and if you come by this Saturday at 7:15 a.m., you can tour with the guidance of a park ranger. Even just arriving can be an adventure:

Leave the Money and Run

■ Didn’t snag a spot in the Marine Corps Marathon back in May (when registration closed in a record five days)? Don’t let that stifle your 26.2-mile-long dream — just book a bed at the Hotel Palomar Arlington (1121 N. 19th St.; 703-351-9170; Hotelpalomar-arlington.com). The “Go the Distance” package includes a registration for the race (which is slated for Oct. 26), along with two nights of accommodations, a Metro pass to the starting line, energy gels and the use of a yoga mat (so you can stretch out before and after the big day), all for \$610, not including tax. If that sounds steep, just remember that \$100 of the asking price will be donated to the Navy-Marine Corps Relief Society, and that you’ll have a place to crash just a few steps away from the finish line — with room service. And that sounds priceless. (EXPRESS)

Make your way to the wilderness from the Deanwood Metro, or even via canoe.

→ For more info, see Nps.gov/keaq.

4 Go for a Spin

Glen Echo, the former amusement park in Montgomery County, still boasts one of the best rides in town: the Dentzel Carousel. It’s just a buck, but you have to get there before its 88th season ends Sept. 28.

Don’t get too dizzy, though. All that whirling is a dandy warm-up for the dancing you can do in the nearby Spanish ballroom. Depending on the night’s schedule, you can kick up your heels for an evening of swing, square or zydeco dancing.

→ For more info, see Glenechopark.org.

5 Swipe a Cycle

Those empty SmartBike racks have taunted us for months, but, finally, the red-and-white bikes are in place and ready to roll at various Metro stops around Northwest. So, sign up for your annual membership (\$40), and figure out all the places you can explore on wheels.

But remember to bring along a helmet for safety. And a watch and a lock, too — an unreturned bike will cost you \$550 and, while an unlimited number of three-hour rentals come with membership, an overly lengthy adventure means you could get kicked out of the program.

→ For more info, see Smartbikedc.com.

VICKY HALLETT (EXPRESS)

Falling in Love With Contact

When this dance begins, no one knows how or where it will end

Have you ever wanted to roll around on the floor with a complete stranger? Welcome to the world of contact improvisation, a form of dance in which folks pull, lift and tumble across the floor together.

Developed in the 1970s, contact — as it's affectionately called by aficionados — shares characteristics with martial arts, yoga and even ballroom dance. But unlike the latter, there's no set leader or follower, explains Daniel Burkholder, who teaches a contact class at Joy of Motion Dance Center in Friendship Heights.

Start by imagining that you're standing shoulder to shoulder with a partner. You're leaning into each other, touching arms at a single spot. That place — called the "point of contact" — will shift as the two of you move, and so will the amount of weight you put on each other.

Giving in to your impulses, as

well as those of your partner, creates a dance that's almost like a physical conversation. One person may take the initiative while the other supports. And then, suddenly, the roles can shift.

Despite the fact that it's improvisation and thus does not require fancy footwork, contact is a specific technique that takes time to learn. That's where Burkholder's class comes in. In each session, he pairs up students and presents exercises that highlight the form's key elements. A dancer might drop to all fours, for example, while the other rolls across his back, making an effort to keep both pelvises aligned.

While classes provide a structure to learn and practice skills, much of the serious dancing takes place in free form get-togethers called jams. Washington has two each week: One on Thursday nights at the Dance Exchange in Takoma Park, and a second on Sunday afternoons at Capitol Hill's St. James Church (Myriadcity.net/Sundry/DCContactImprovJams). Both are open to the public, and beginners are welcome.

"It's incredibly unimimidating,"



Contact improv aficionados practice their moves at a recent jam at St. James Church on Capitol Hill. Falling, rolling, lifting and pushing are common sights.

says Shoshanna Sumka, who lives in Silver Spring and started taking Burkholder's class last year. "People are really open, down-to-earth and noncompetitive."

On a recent Sunday at St. James, slow-moving bodies were sprawled all over the floor. Within minutes,

however, they had sprung into energetic pairs tumbling about. Contact improvisation is done without music, but the patter of bare feet and participants' laughter served as accompaniment.

The most stunning moves resemble routines straight out of

the Olympics. A woman lifted her partner onto her shoulder, while someone else did a handstand onto his partner's back. But advanced skills aren't a prerequisite to a satisfying experience, emphasizes Burkholder.

"Contact can be the kind of dance you want it to be. You can make it

“Contact can be the kind of dance you want it to be.”

daring and exciting — but if you want something that's almost meditative, it can be that, too," he says.

In any form, contact builds muscle tone and core strength, and can provide a serious aerobic workout. Plus, fans point out that because the movement is rarely repetitive, injuries associated with many sports and dance forms are unusual.

"It's a totally all-body workout," said Ken Manheimer, a Dupont Circle computer programmer and one of the Sunday jam's organizers. "It's probably the most satisfying physical recreation available to me." AMANDA ABRAMS



GEAR HEAD

What to Bring to Rock the Rapids

With this essential whitewater gear, even a rookie rafter can handle a liquid tornado:

1. Stash your cell phone, wallet and car keys in the Aquapac Jumbo Whanganui case. This waterproof, buoyant, 100 percent recyclable 12.6-inch-tall purse has a detachable shoulder strap — wear it under your life jacket so you don't lose your valuables to the raging river. (\$40, aquapac.net)

2. Getting wet is fun; staying wet isn't. The nylon-spandex blend of Carve Designs' Sunset Raglan rash guard will keep you warm splash after splash, help you dry ultra-fast and stave off sunburn with its built-in 99 percent UVA and UVB protection. (\$48, carvedesigns.com)

3. Save your two-piece for the beach: A bikini won't protect your bum from raft rash. Avoid a good chafing with



Patagonia's Minimalist II board shorts. Made of thin but tough recycled polyester coated with a quick-drying water repellent, the shorts offer a cozy, non-soggy fit. (\$55, patagonia.com)

4. Teva's Ultimate Thong is a flip-flop triple threat: A cross-foot strap secures the shoe during turbulent rides, a grippy outsole grabs the raft, and a shock-absorbing heel makes for comfy portaging. (\$60, teva.com)

5. You have to wear a dorky helmet anyway, so you might as well stick GoPro's Helmet HERO Camera up there, too. The waterproof digital camera, which straps right onto your headgear, will take pictures and video of your courageous duel with nature — but it's up to you to remember to hit the record button as you approach the frothy gorge. (\$170, goprocamera.com) DIMITY MCDOWELL (REPRINTED WITH PERMISSION OF WOMEN'S HEALTH MAGAZINE © RODALE INC.)

For more information please visit: www.tm.org
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STETHOSCOPE

INJURIES

Ails Caused by Nails

■ Nail guns seem like they would cause a lot of injuries. And, indeed, according to Duke University Medical Center researchers, the tool is implicated in 35,000 emergency room visits every year in the United States. Their study looked at injuries sustained by apprentice carpenters in greater metropolitan St. Louis, Mo., and found that those with more training were less likely to hurt themselves. Thus, the researchers support regulations requiring thorough training and safer guns.



GETTY IMAGES

TOXICOLOGY

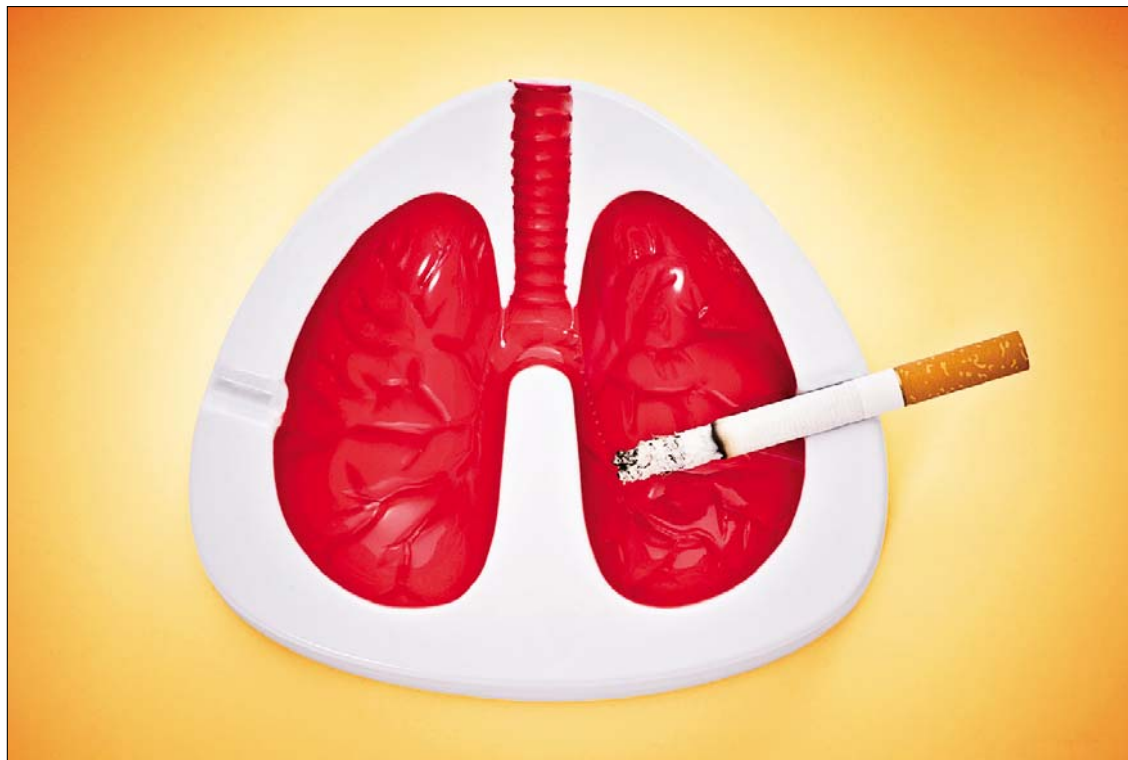
Par for the Course

■ Some golf perils are obvious — you could strain your knee Tiger-style or get sunburned — but have you ever freaked out about the possible exposure to chemicals in the grass? Toxicologist John Clark from the University of Massachusetts Amherst apparently has, so he gathered volunteers to play 76 simulated rounds of golf on test plots of turf treated with two widely used insecticides. When their clothing and urine were tested for the pesticides, the exposure was deemed safe.

PSYCHOLOGY

Stressful Sniffles

■ It turns out that stress can lengthen and worsen allergy attacks, according to research presented at last week's meeting of the American Psychological Association. The allergy sufferers in a study were subjected to either chill conditions (reading magazines) or anxiety-inducing ones (giving speeches) and then were given skin-prick allergy tests. After a stressful day, their responses were twice as dramatic as on a low-stress day.



ISTOCKPHOTO

Huffing and Puffing

Smokers who work out help improve their health — but not nearly enough

Sure, smoking is bad for you — but what happens when you combine it with something really good — like running eight miles a day? Do you get a healthier smoker or an unhealthy athlete? It's one of those “Is the cigarette half-smoked or half-unsmoked?” conundrums. And there's no definitive answer.

“If people can quit, that's the best thing,” said Robert Sallis, director of sports medicine at Kaiser Permanente Medical Center in Fon-

tana, Calif. That seems obvious, but Sallis explains that many of the risks associated with smoking are immediately and dramatically reduced upon quitting. Then he adds: “If you can't stop smoking, exercise will mitigate some of the effects.”

Lung cancer is a prime example. Although smoking increases the risk of the disease, exercise seems to provide a protective effect. In a 2006 study published in the journal *Cancer Epidemiology Biomarkers & Prevention*, women who were current or former smokers and had high levels of physical activity were less likely to develop lung cancer than those who were more sedentary.

“When you exercise, that

improves your cardiovascular function and your HDL cholesterol, and, generally, it's just good for you,” said Stanton Glantz, professor of medicine in the division of cardiology at the University of California, San Francisco. “So, if you smoke and exercise, you're going to be better off than if you smoke and don't exercise.”

But, he adds, smoking may also hamper athletic abilities. “The balance is going to depend on how much you smoke and how much you exercise. But I can tell you unequivocally that people would be better marathoners if they didn't smoke.”

Inhaling cigarette smoke has a number of performance effects on the body. In the lungs, it increases

tissue inflammation, narrowing airways and allowing less oxygen to the body. Since working muscles need more oxygen, this could result in less strength and energy during exercise.

The effects of carbon monoxide in cigarettes while smoking and afterward take a tremendous toll

“People would be better [runners] if they didn't smoke.”

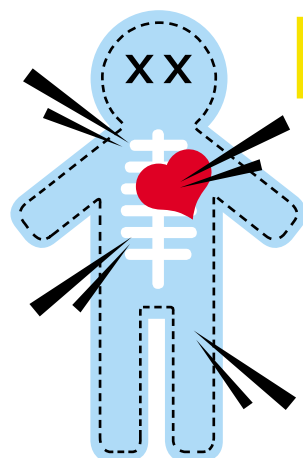
on the body, said Zab Mosenifar, medical director of the Women's Guild Lung Institute at Cedars-Sinai Medical Center in Los Angeles. It compromises the ability of the blood's hemoglobin to transport oxygen from the lungs to the body, especially the muscles, during exercise.

So, why do some smokers who exercise say they feel little or no effect from cigarettes? Health experts say part of it might be a degree of denial. Age, how long they've been smoking and how much they smoke are factors. Genetics and physiology might also play a part in how the body handles the damage from cigarette smoke.

Lung and cardiovascular function have to be fairly compromised, Glantz said, in order for people to notice a change: “A lot of these effects accumulate over time,” he added, and smokers may not feel them until they have tremendous trouble breathing, or serious heart problems.

The good news, he adds, is that most cardiovascular effects begin to reverse within a few days of quitting. “So, if you were to take an athlete and have them quit for a week or two and have them do the same run again, on the average, they'd do better.” Some acute effects from smoking, such as lung tissue inflammation, can go away permanently, while others, such as cancer risks, linger.

Mosenifar, a marathoner, doesn't buy the argument that regular exercisers can use their healthy habits to justify their smoking. “It's like someone saying, ‘I steal, but I also go to church or synagogue, so I'm doing something positive.’ They're two separate issues.” JEANNINE STEIN (LOS ANGELES TIMES)



hypochondriac

WHAT YOU COULD HAVE BUT PROBABLY DON'T

Do you smell like rotting fish? You could have

TRIMETHYLAMINURIA, a condition in which the body is unable to break down a compound called trimethylamine. Its buildup causes one's sweat, urine and breath to stink to high heaven, heavily affecting one's career and social opportunities. Nearly all cases are caused by a gene mutation; the inheritance pattern is autosomal recessive, meaning that to get it, each parent must pass on a copy of the gene. This mutation messes up an enzyme that processes trimethylamine, which is made by bacteria in the intestines that help digest certain proteins. This enzyme normally converts the putrid molecule into an unscented version. Treatment can include dietary restrictions, use of special soaps, antibiotics and laxatives. SOURCE: NIH.GOV

A photograph of a woman's legs from the knee down, wearing a white, frayed-hem dress. She is standing on a sandy beach with the ocean and a clear blue sky in the background. Her right hand is visible, holding a small ring.

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